

45 LESSONS IN LIFE



Norvegija – Šiaurės pašvaistė

Music: snowdream

Nov 2009 He Yan

A person in a red jacket is seen from behind, leading a team of sled dogs across a vast, snow-covered mountain landscape. The sun is bright in the upper left corner, casting long shadows on the snow. The scene is serene and inspiring.

1. Life isn't fair, but it's still good.

2. When in doubt, just take the next small step.


3. Life is too short to waste time hating anyone.



*4. Your job won't take care of you when you are sick.
Your friends and parents will. Stay in touch.*

5. Pay off your credit cards every month.

*6. You don't have to win every argument.
Agree to disagree.*



7. Cry with someone. It's more healing than crying alone.

*8. It's OK to get angry with God.
He can take it.*

An aerial photograph of a wide river flowing through a city. The river is the central focus, with a marina on the left bank where several boats are docked. The right bank is lined with lush green trees. In the background, a city skyline is visible, including a prominent white building with a dome. The overall scene is peaceful and scenic.

9. Save for retirement starting with your first paycheck.

10. When it comes to chocolate, resistance is futile.

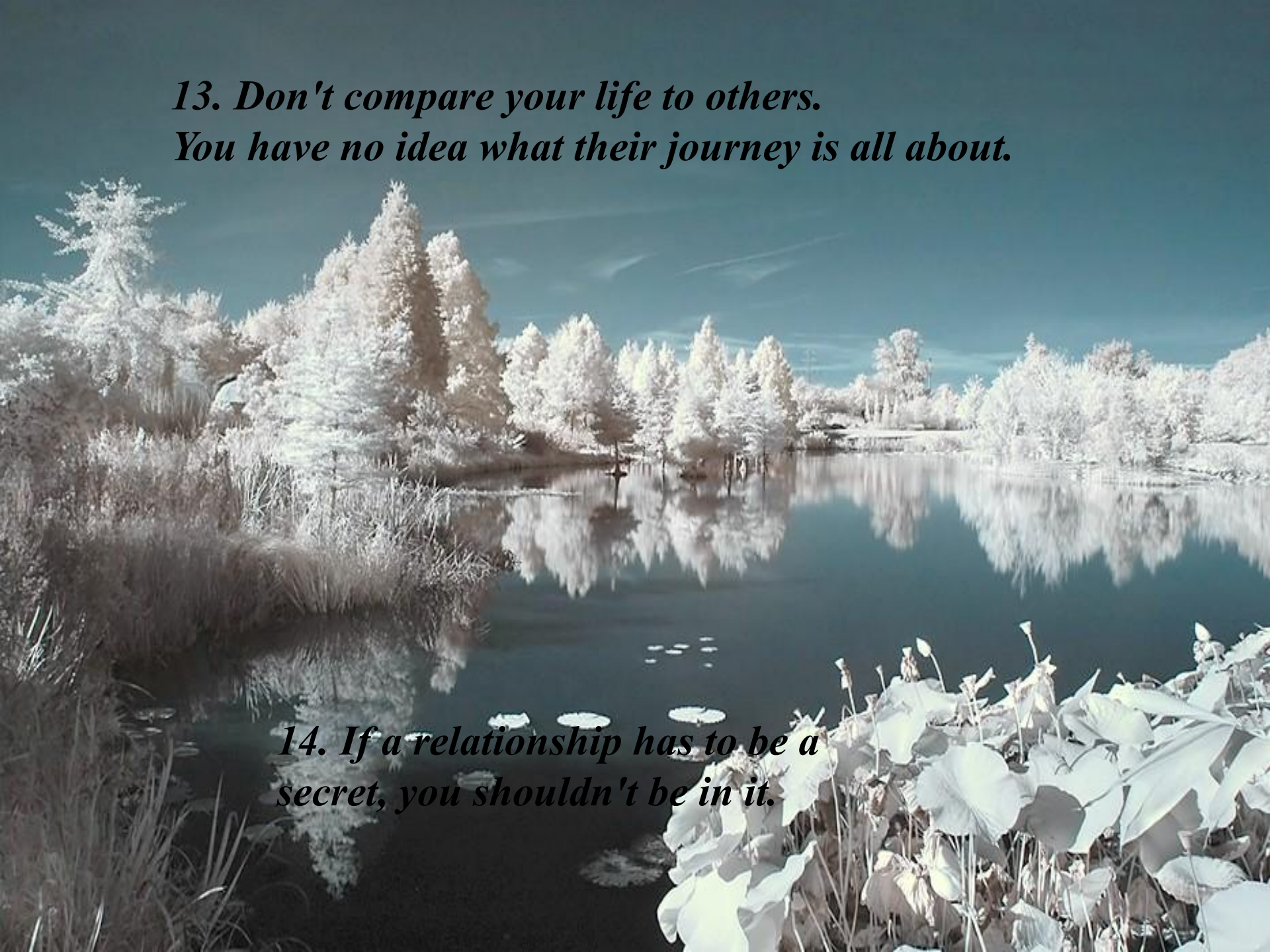
A winter landscape with snow-covered trees and a valley in the distance. The scene is bright and clear, with a blue sky and a snow-covered ground. The trees are mostly bare, with some evergreens visible. The valley in the distance is filled with snow and some buildings. The overall mood is peaceful and serene.

11. Make peace with your past so it won't screw up the present.

12. It's OK to let your children see you cry.

*13. Don't compare your life to others.
You have no idea what their journey is all about.*

*14. If a relationship has to be a
secret, you shouldn't be in it.*



A scenic mountain landscape featuring several large, snow-laden evergreen trees in the foreground. In the middle ground, a small, dark-roofed cabin is nestled on a grassy slope. The background shows a steep, rocky mountain peak under a clear blue sky. The overall atmosphere is serene and peaceful.

15. Everything can change in the blink of an eye. But don't worry; God never blinks.

*16. Take a deep breath.
It calms the mind.*

A high-angle photograph of a snowy mountain landscape. Two small, snow-covered huts with dark triangular openings are visible. The huts are partially buried in deep snow. The surrounding terrain is covered in snow with some tracks and shadows. Evergreen trees are scattered throughout the scene, some heavily laden with snow. The sky is not visible, suggesting a bright, overcast day.

*17. Get rid of anything that isn't useful,
beautiful or joyful.*

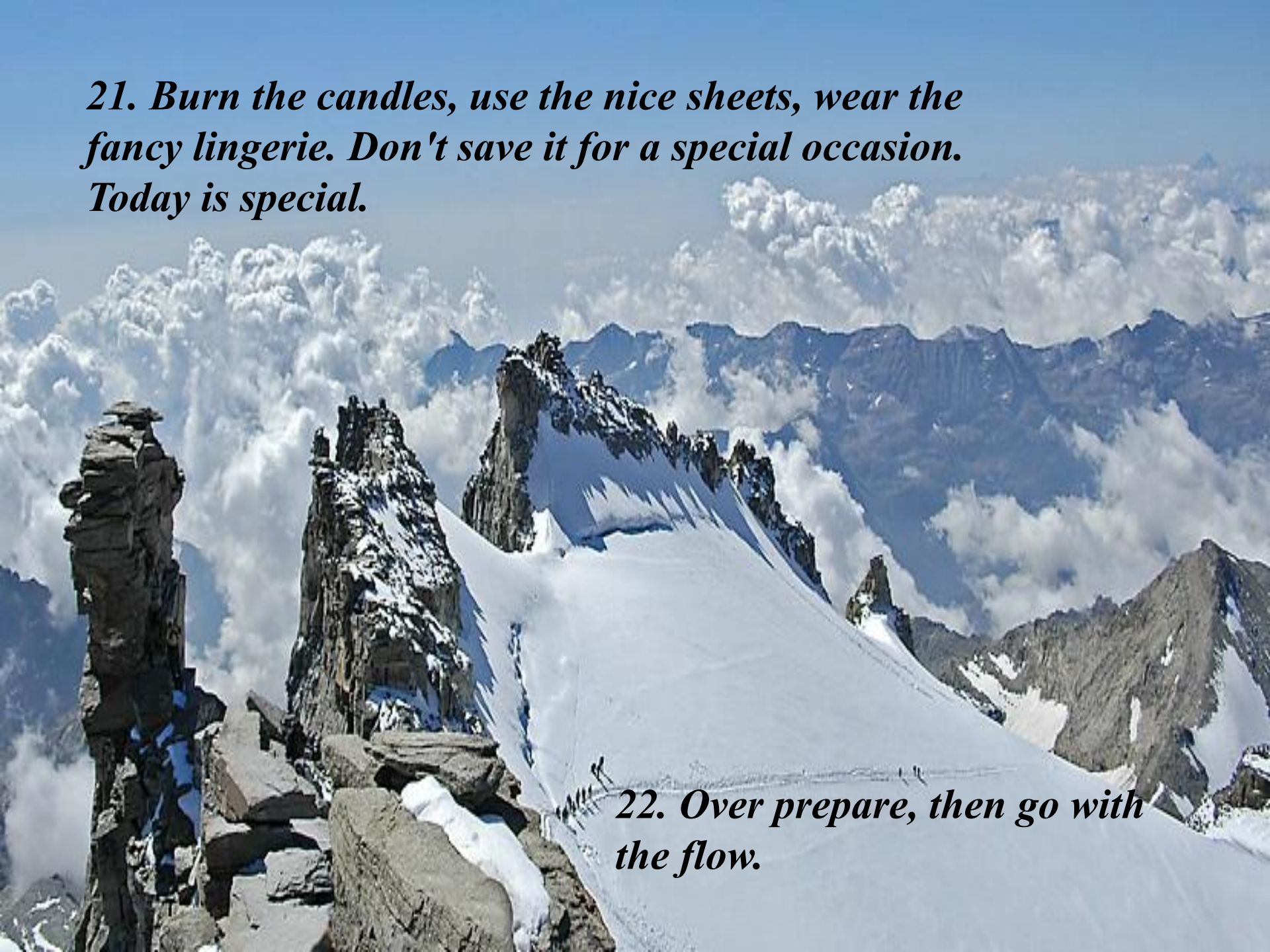
*18. Whatever doesn't kill you really does make
you stronger.*

***19. It's never too late to have a happy childhood.
But the second one is up to you and no one else.***



***20. When it comes to going after what you
love in life, don't take no for an answer.***

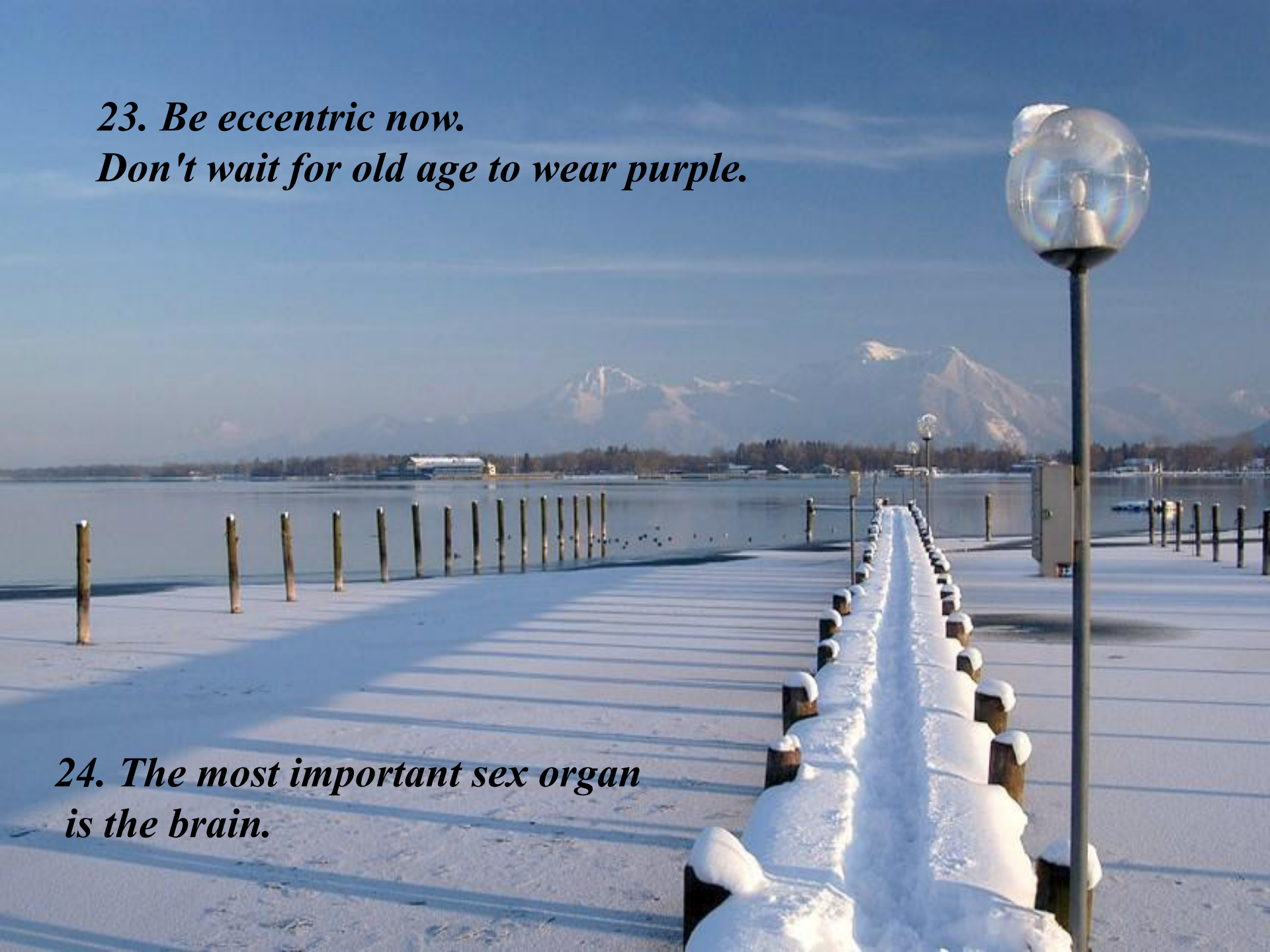
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.



22. Over prepare, then go with the flow.

*23. Be eccentric now.
Don't wait for old age to wear purple.*


*24. The most important sex organ
is the brain.*





*25. No one is in charge of your happiness
but you.*

*26. Frame every so-called disaster with these
words "In five years, will this matter?"*

An aerial, slightly hazy photograph of a town. In the center-left, a large stone castle with multiple towers sits atop a prominent hill. To the left of the castle, a church with a tall, dark spire is visible. The town below is a mix of residential houses and larger industrial-style buildings, some with smoke rising from them. The landscape is dotted with trees, and the overall atmosphere is soft and somewhat ethereal.

27. Always choose life.

28. Forgive everyone everything.

A scenic winter landscape featuring snow-covered mountains and a valley filled with fog. In the foreground, a small wooden cabin sits on a snow-covered hillside. The background shows rolling hills and mountains under a clear blue sky.

*29. What other people think of you
is none of your business...*

*30. Time heals almost everything.
Give time, time.*

*31. However good or bad a situation is,
it will change.*



*32. Don't take yourself so seriously.
No one else does.*

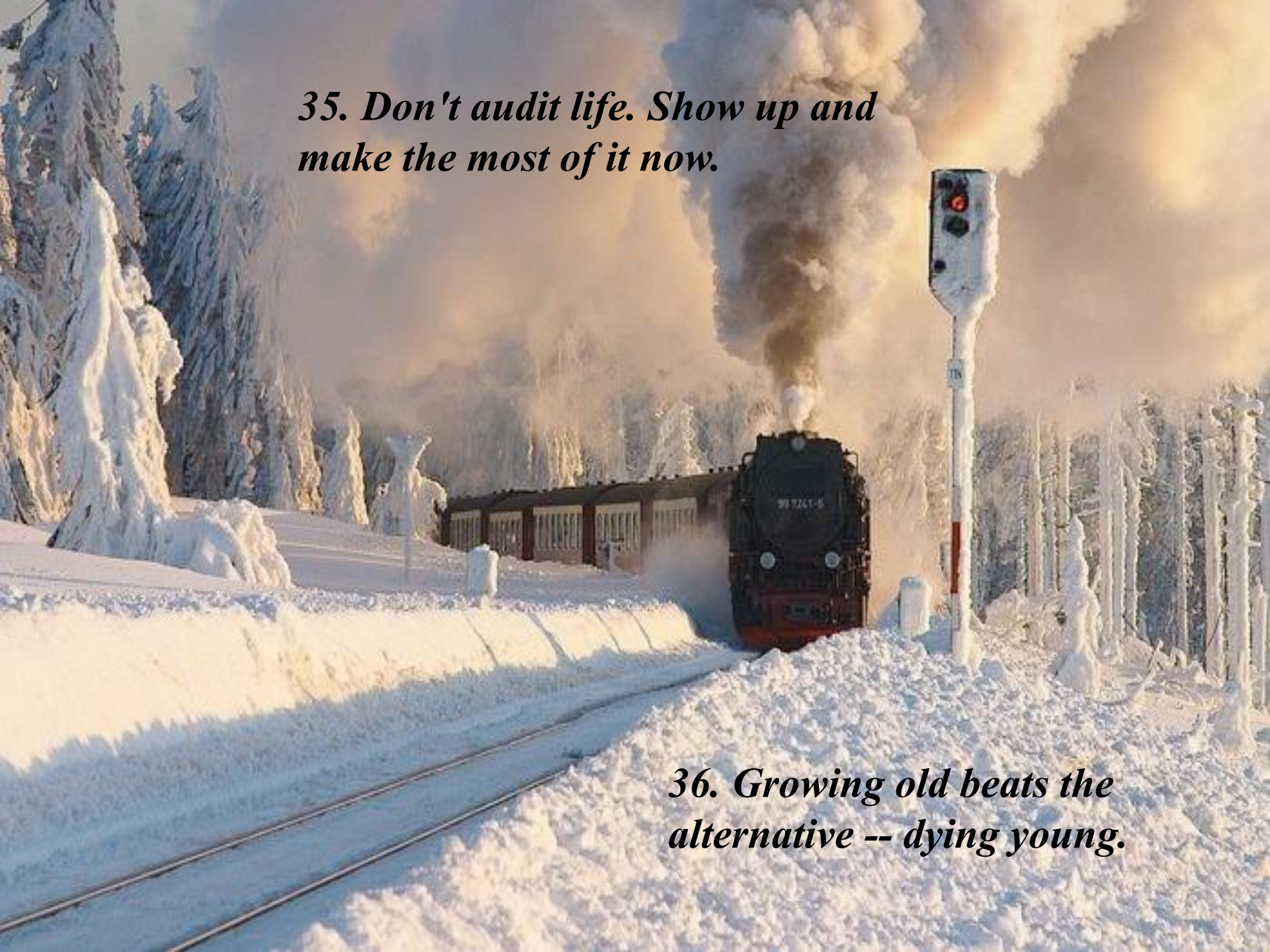


33. Believe in miracles.

34. God loves you because of who God is, not because of anything you did or didn't do.

35. Don't audit life. Show up and make the most of it now.

36. Growing old beats the alternative -- dying young.





37. Your children get only one childhood.

38. All that truly matters in the end is that you loved.

A winter landscape featuring a snow-covered field in the foreground and several evergreen trees heavily laden with snow. The sky is a deep blue with wispy white clouds and a few faint contrails. The overall scene is serene and bright.

*39. Get outside every day.
Miracles are waiting everywhere.*

*40. If we all threw our problems in a pile and
saw everyone else's, we'd grab ours back.*

*41. Envy is a waste of time.
You already have all you need.*



42. The best is yet to come.

43. No matter how you feel, get up, dress up and show up.



44. Yield.

45. Life isn't tied with a bow, but it's still a gift.

It's estimated 93% won't forward this. If you are one of the 7% who will, forward this with the title '7%'.

I'm in the 7%. Remember that I will always share my spoon with you!

Friends are the family that we choose for ourselves.





Thanks for sharing, see you.....