


45 LESSONS IN LIFE

A photograph of the Northern Lights (Aurora Borealis) in a dark, starry sky over a snowy mountain range. The aurora is a vibrant green and yellow, flowing across the sky. The mountains below are dark and snow-covered, with a few small lights visible in the distance.

Norvegija – Šiaurės pašvaistė

Music: snowdream

Nov 2009 He Yan

A person in a red jacket is leading a team of sled dogs across a vast, snow-covered landscape under a bright sun. The sun is in the upper left corner, creating a lens flare effect. The terrain is flat and covered in snow, with long shadows cast by the dogs and the person. The sky is a clear, deep blue.

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

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

Kanada

A scenic view of a small town in a snowy landscape under a blue sky. The town is nestled in a valley, surrounded by snow-covered fields and a forested hillside in the background. The sky is a clear, deep blue. The text is overlaid on the upper portion of the image.

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 dark blue and reflects the sky. On the left bank, there is a marina with several boats docked at piers. A large, multi-story building with a white facade is visible in the background. The right bank is lined with trees and a road. The overall scene is a mix of urban and natural elements.

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 captured from a high vantage point, looking down into a valley. The foreground is a snow-covered slope. The middle ground is filled with snow-laden evergreen and deciduous trees. In the background, a valley with a winding river or road is visible, surrounded by more snow-covered hills under a clear blue sky.

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 tall, snow-laden evergreen trees in the foreground. In the middle ground, a small, rustic cabin with a dark roof 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.

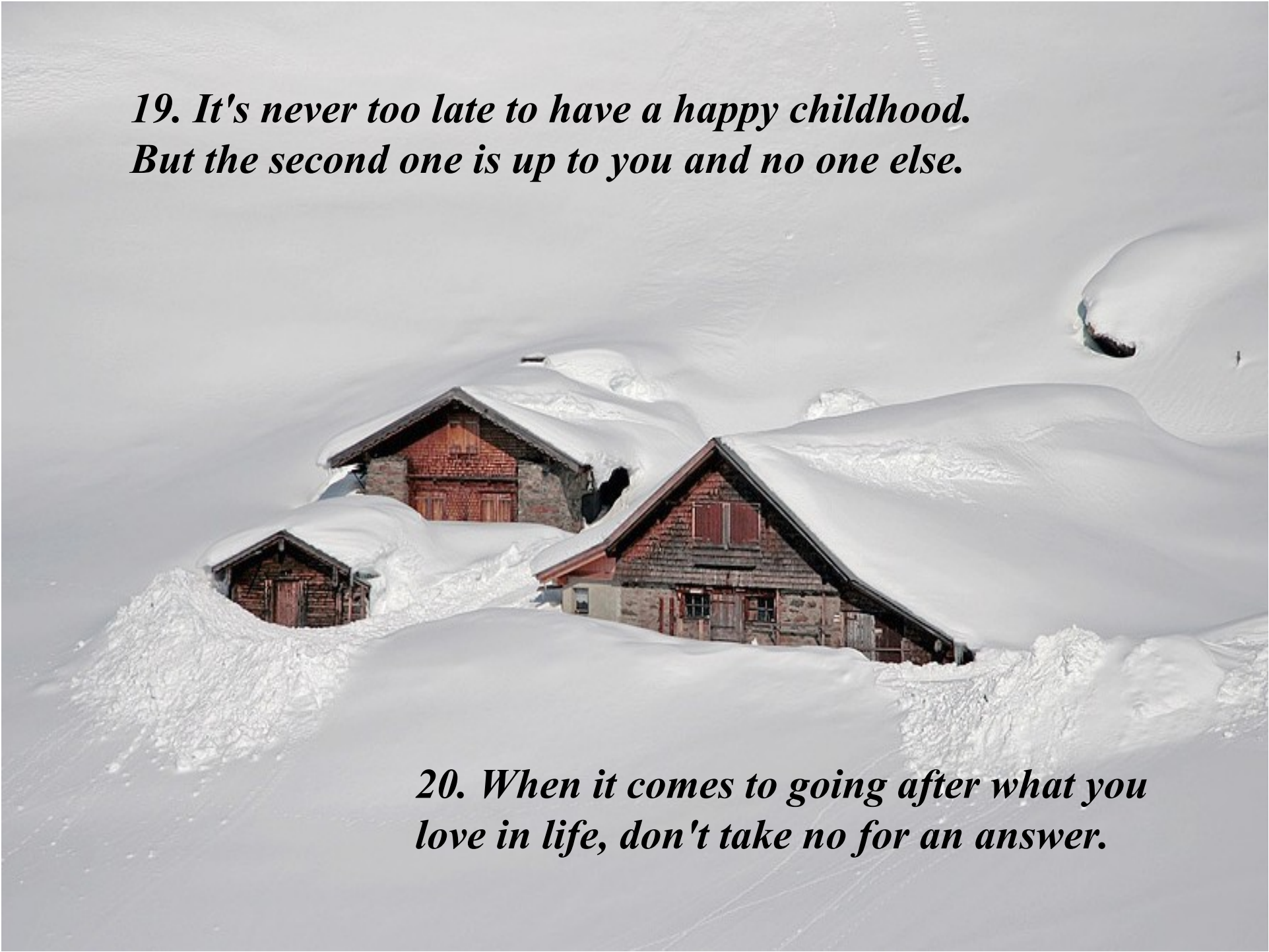
*16. Take a deep breath.
It calms the mind.*

A photograph of a snowy mountain landscape. Two small, snow-covered huts with triangular openings are visible. The huts are partially buried in the snow. The background shows a vast, snow-covered mountain slope with some evergreen trees. The sky is clear and blue. The overall scene is serene and quiet.

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

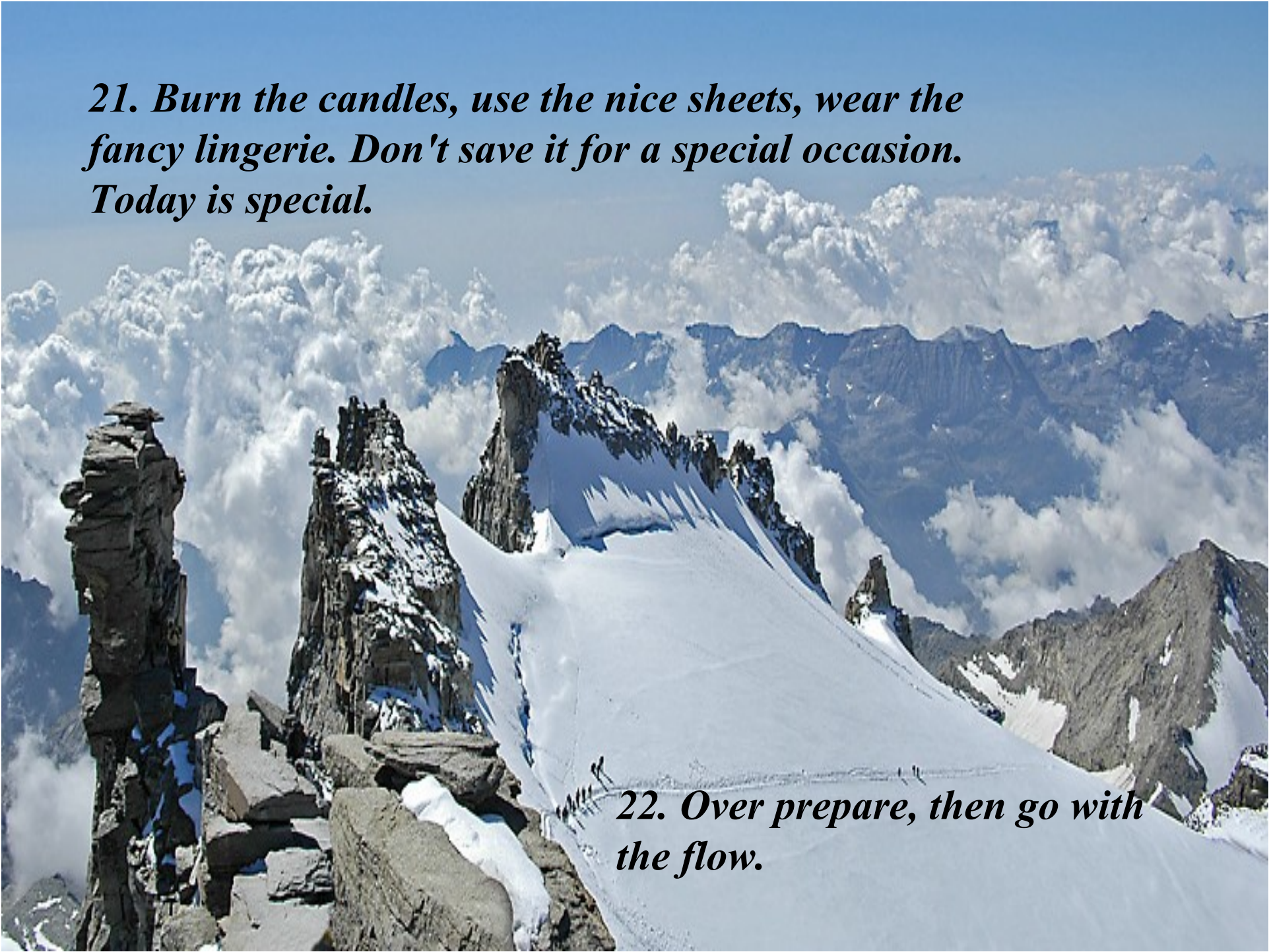
*18. Whatever doesn't kill you really does make
you stronger.*

*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 photograph of a town with a castle on a hill. The town is densely packed with buildings, and the castle is a prominent feature on a hill in the center. The surrounding area is a mix of green fields and trees. The image has a slightly hazy, ethereal quality.

27. Always choose life.

28. Forgive everyone everything.

A scenic winter landscape featuring snow-covered mountains and a valley. The foreground is dominated by a thick layer of white fog or mist that fills the valley. In the middle ground, a small wooden cabin with a snow-covered roof sits on a snowy slope. The background shows rolling hills and mountains, some with patches of snow and others with dense evergreen forests. The sky is a clear, pale blue.

*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.*



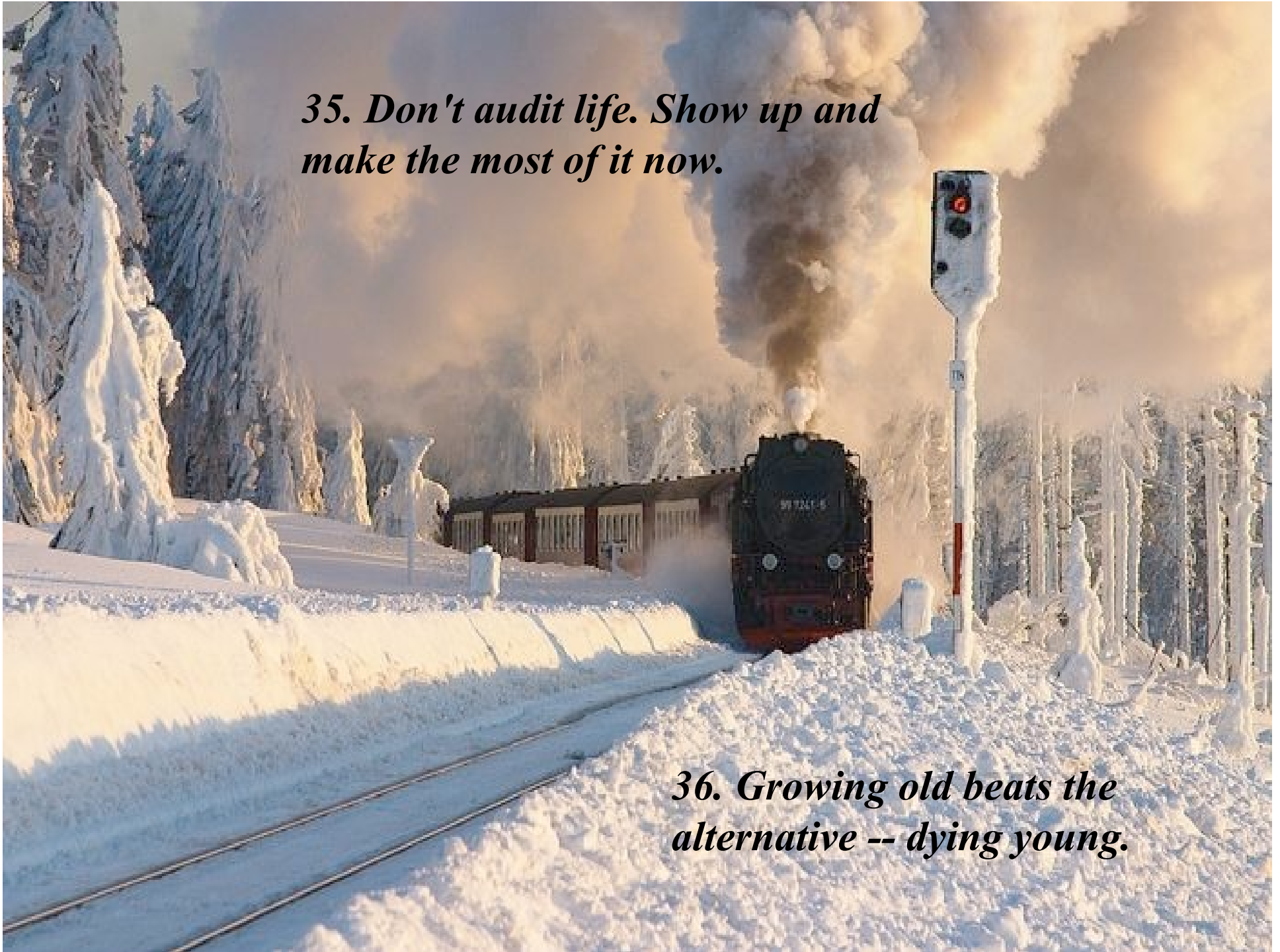


33. Believe in miracles.

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.

A person wearing a red jacket and dark pants is walking away from the camera on a paved path. The path is flanked by large, mature trees with thick trunks. The ground is covered with patches of snow. In the background, a metal guardrail is visible, and the path continues into a wooded area.

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.....