

Words to Live by Comment: January 5, 2012

On New Year's, I received a very sweet and thoughtful e-mail forwarded by a friend. Titled Life's Lessons, it was written by Regina Brett, 90 years old, of The Plain Dealer Newspaper, Cleveland, Ohio. She had a list of 46 items and called it the most-requested column she's ever written. Here is my condensed version.

Life isn't fair, but it's still good. When in doubt, just take the next small step. Life is too short to waste time hating anyone.

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

It's OK to get angry with God. God can take it. God loves you because of who God is, not because of anything special you did or didn't do.

Make peace with your past so it won't screw up the present. If a relationship has to be a secret, you shouldn't be in it.

Don't compare your life to others. You have no idea what their journey is all about. If we all threw our problems in a pile and saw everyone else's, we'd grab ours back.

Everything can change in the blink of an eye. No matter how you feel, get up, dress up and show up.

It's never too late to have a happy childhood. But the second one is up to you and no one else. No one is in charge of your happiness but you.

Over prepare, then go with the flow.

What other people think of you is none of your business. Don't take yourself so seriously. No one else does.

Get outside every day. Miracles are waiting everywhere. Life isn't tied with a bow, but it's still a gift.

There were many more but those were my favorites. I researched Regina Brett and discovered she is really a woman in her mid fifties. She is a single parent, breast cancer survivor and prize-winning columnist, author of several books, one titled *God Never Blinks: 50 Lessons for Life's Little Detours*. Her list of Life's lessons got e-mailed around the world and somewhere someone changed the title to Life's lessons from a 90 year old woman.

She is proud to be an official urban legend, with her own section in Snopes.com, the urban legend debunking website. She writes that she is grateful to people who forward her writings and still keep her name on them, regardless of how old they say she is.

I am hopeful for 2012 and I wish you a healthy and prosperous New Year.

This is Mike Goldsby for Community Comment.