

If I Could Live My Life Again

If I could live my life again, I'd laugh at my misfortunes more and other people's predicaments less. Spend more time counting my blessings, less time scrutinizing my blemishes.

I'd spend more time playing with my children & grandchildren, less time watching professional athletes perform. More time enjoying what I have, less time thinking about the things I don't have.

If I could live my life again, I'd walk in the rain more without an umbrella & listen less to weather reports. I'd spend much more time outdoors in small towns & much less time in tall buildings & big cities. I'd eat more of everything healthy & delicious, less of everything each meal, saving enough on the bill to feed a starving child.

If I could live my life again, I'd get more beach sand between my toes & less friction between myself and others. I'd take more long baths and fewer showers (I can't explain why I've always been in such a hurry to spend my time). I'd spend more time with old people and animals, less time with strangers at clubs and parties.

I'd act the age of my children and grandchildren more and act my own age less. I'd visit libraries, bookstores, and computer networks more and malls and movie theatres less. I'd play the piano more and play fewer mindless games like solitaire. I'd give my spouse & children more tender touches and much less advice.

If I could live my life again, I'd spend more time fully involved in the present moment, less time remembering and anticipating. I'd be more aware of my core values and life mission, and less concerned with the reasons why I might not measure up.

I'd smile more, frown less. I'd express my feelings more, try less to impress my friends and neighbours. I'd forgive and ask forgiveness more, and curse my adversaries less - but most of all

I'd be more spontaneous & active, less hesitant & subdued. When a great idea or spur-of-the-moment adventure popped up - an Easter egg hunt, an open house at school, a game of hide-&-seek, an opportunity to solve a problem at work or to satisfy a disgruntled customer, a hay ride, a chance to build a snowman or paint over graffiti, an invitation to watch a lunar eclipse or a shuttle launch. I'd be less likely to stay in my chair objecting, "It's not in our plan" & more inclined to jump up & say, **"Yes, let's"**.

Source: Brother Jeremiah's free-verse style from "I'd Pick more Daisies."