

Life is

**Life is ... A journey
... A process
... Time travel**

**Life is ... Seconds, minutes, hours
... Days, weeks, months
... Years, decades, centuries**

**Life is ... Spring, summer, fall, winter
... Flowers, plants, trees
... Nature, stars, the universe**

**Life is ... Seeing, hearing, touching
... Tasting, smelling, speaking
... Doing, participating, accomplishing**

**Life is ... Hope, inspiration, aspiration
... Laughter, joy, jubilation
... Disappointment, tears, sadness**

**Life is ... Family, friends, neighbours
... Friendships, relationships, marriage
... Classmates, teammates, workmates**

**Life is ... Working, playing, human development
... Dreams, goals, plans
... Self-awareness, reflection, refinement**

Life is ... Birth, living, death

**Life is ... Remembering we are human beings, not human doings.
Every once in a while we need to stop and smell the roses,
hear what is really being said, taste the essences of life,
touch someone's heart and see life for what it truly is,
"a journey with rest areas"**

Andreas Simic