

AGE IS SOFTENING MY EDGES

- 1 After loving my parents, my siblings, my spouse, my children and my friends, I have now started **loving myself**.
- 2 I have realized that **I am not Atlas**. The world does not rest on my shoulders.
- 3 I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.
- 4 I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.
- 5 I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane & relive their past.
- 6 I have learned not to correct people even when I know they are wrong. **The onus of making everyone perfect is not on me**. Peace is more precious than perfection.
- 7 I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."
- 8 I have learned not to bother about a crease or a spot on my shirt. **Personality speaks louder than appearances**.
- 9 **I walk away from people who don't value me**. They might not know my worth, but I do.
- 10 I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & **neither am I in any race**.
- 11 I am learning not to be embarrassed by my emotions. **It's my emotions that make me human**.
- 12 I have learned that it's **better to drop the ego than to break a relationship**. My ego will keep me aloof, whereas with relationships, I will never be alone.
- 13 I have learned to live each day as if it's the last. After all, it might be the last.
- 14 **I am doing what makes me happy**. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!