



Passion for Life Coaching, LLC

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Certified Life Coach and MSW

Philosophy of Life

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As you pack to move, you find yourself sorting through old boxes and papers. The process becomes a journey on a road of discovery. Who you are, where you have been, where you are going are laid out for revisiting. An old Far Side cartoon magnet stuck on my refrigerator sums it up - "There, in the box marked Miscellaneous, Stewart finally found himself."

In one of my Miscellaneous boxes, I found this philosophy of life. I collected it in a high school psychology class.

"If I had my life to live over again, I'd try to make more mistakes next time. I would relax. I would limber up. I would be sillier than I have been this trip. I know of very few things I would take seriously.

I would take more trips. I would climb more mountains, swim more rivers and watch more sunsets. I would do more walking and looking.

I would eat more ice-cream and less beans.

I would have more actual troubles and fewer imaginary ones. You see, I am one of those people who lives prophylactically and sensibly and sanely hour after hour, day after day. Oh, I've had my moments; and if I had to do it over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead each day.

I have been one of those people who never go anywhere without a thermometer, a hot water bottle, a gargle, a raincoat, aspirin and a parachute. If I had it to do over again, I would go places, do things and travel lighter than I have.

If I had my life to live over, I would start barefooted earlier in the spring and stay that way later in the fall. I would play hookey more, I wouldn't make much good grades except by accident. I would ride on more merry-go-rounds. I'd pick more daisies."

I am proud to say I have mastered going barefoot and eating ice cream! Some days, I get stuck living life in the past or future instead of the present. I still need to relax more. Overall, life in the Miscellaneous box is good!

What is your philosophy of life? What would you do more of? Less of?

(I am uncertain who wrote this. Several authors were sited on the internet. To whoever did, I give credit and thank you.)

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