

How to Live

By: Caitlin MacHutchon

Find the people that you can laugh with, cry with, and can be silent with. Find those that you can be real with. Find the ones that you are willing to sacrifice for, for friendship is not just to take but a beautiful thing to give.

Knowing that you can learn from everything makes this journey all the more rich. Remember that an experience may only mask itself as bad, for it may be that very thing that leads to some of your best experiences. Be thankful in all circumstances. It will soothe the hard times and make you appreciate the good times.

Always be a learner. You do not know everything and won't know everything. Learning from others is a wonderful part of the journey. Ask questions, have childlike curiosity. There is a big world out there, go explore it. Discover new tastes, smells, sights and people. Stay humble.

Laugh. Laugh when the joke is funny, but not at the expense of others. Have humour that is smart, not cheap and mean. And dance. A lot. It is not only good but also fun. Be a trendsetter with your unique moves.

Find the awesome and healthy hobbies that fill you up and give you rest. Like reading Harry Potter or cross-stitching.

Be willing to share your wealth. Whether that is knowledge, time or resources. We are all rich with something.

Treat your body well and love it. It is unique and beautiful. We are all different and all more than our appearances. You have great and crazy things to offer to your world, your community, your family and friends and to yourself.

Take one step at a time and know that you are loved.