

How to Live

By: Mme MacHutchon

Eat your fruits and vegetables. But if you want cheesecake, eat that too. Life is too short to drink cheap wine. Everything in moderation. Even moderation.

Be active. Run, bike, play tennis, lift weights. It's good for your physical health. But it's also good for your mental health. You can't be mad or sad when you're breaking a sweat.

Dance. And remember that life is too short to waste time on men in beige pants who won't dance. Dry your tears and smile and just go out there and dance.

Be silly. And know when to be serious. Learn from your mistakes. Just never stop learning in general. Try not to worry. Take deep breaths. Work hard. Be passionate about what you do.

Be open-minded. Travel as much as you can. Remember that you'll only wear a quarter of the clothes you pack. Wear sunscreen. Experience new cultures. Embrace new experiences.

Laugh freely and unapologetically. Be the type of friend that you would like to have. If you're in the wrong, say sorry. Always take the chance to tell your friends and family how much you love them. Never settle. Be kind. Kindness goes a long way and you never know when someone needs it.

Colour outside the lines. Embrace your inner strength. Know that you are right where you belong. Live with joy. Be happy. Love who you are.