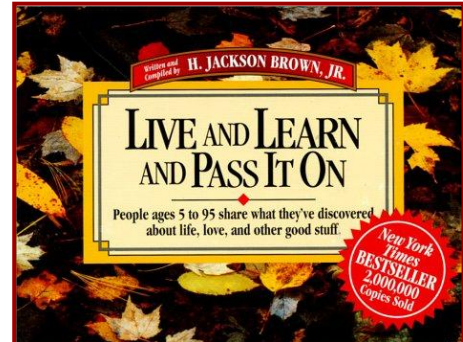


Lessons from Life

On his 51st birthday, H. Jackson Brown Jr. decided to jot down some of the lessons he had learned during his lifetime. Brown, who lives in Middle Tennessee, is an American author best known for writing *Life's Little Instruction Book*, which was a *New York Times* bestseller from 1991 to 1994.

Inspired by that birthday, Brown wrote down the phrase, "I've learned that ..." 20 times on a piece of paper and proceeded to complete the sentence. So enjoyable was the exercise for him that Brown began asking his friends and acquaintances to do the same thing. Eventually, he enlisted the help of hundreds of other people, from kindergarten kids to senior citizens.

The result was a fascinating little book called *Live and Learn and Pass It On*, a compilation of what hundreds of individuals say they have learned from life. The book was co-authored with his wife, Rosemary C. Brown. Here are a few examples:



- "I've learned that a strong code of ethics is as reliable as a compass." Age 43.
- "I've learned that you can't hide a piece of broccoli in a glass of milk." Age 7.
- "I've learned that if I eat donuts today I wear them tomorrow." Age 39.
- "I've learned that goldfish don't like Jello." Age 5.
- "I've learned that I don't feel my age as long as I focus on my dreams instead of my regrets." Age 83.
- "I've learned that deciding who you will marry is the most important decision you'll ever make." Age 95.
- "I've learned that it's easier to stay out of trouble than to get out of trouble." Age 14.
- "I've learned that whenever I decide something with kindness, I usually make the right decisions." Age 66.
- "I've learned that it always makes me feel good to see my parents holding hands." Age 13.
- "I've learned that life is like a blind date. Sometimes you just have to have a little faith!" Age 23.
- "I've learned that trust is the single most important factor in both personal and professional relationships." Age 20.
- "I've learned that even when I have pains, I don't have to be a pain." Age 82.
- "I've learned that you can't hug your kids too much." Age 54.
- "I've learned that you can tell a lot about a man by the way he handles these three things: a rainy holiday, lost luggage, and tangled Christmas tree lights." Age 52.

Perhaps you would find it interesting and worthwhile to make your own list – and to ask friends and family members to contribute.

In the process, you can discover some wisdom about this journey called life.