

# ONE DAY AT A TIME

## AS I'VE AGED

AS I'VE AGED, I'VE BECOME KINDER TO MYSELF, AND LESS CRITICAL OF MYSELF. I'VE BECOME MY OWN FRIEND... I HAVE SEEN TOO MANY DEAR FRIENDS LEAVE THIS WORLD TOO SOON; BEFORE THEY UNDERSTOOD THE GREAT FREEDOM THAT COMES WITH AGING.

WHOSE BUSINESS IS IT IF I CHOOSE TO READ OR PLAY ON THE COMPUTER UNTIL 4 A.M. OR SLEEP UNTIL NOON? I WILL LISTEN TO THOSE WONDERFUL TUNES OF THE 40 & 50'S AND IF I, AT THE SAME TIME, WISH TO WEEP OVER A LOST LOVE... **I WILL.**

I KNOW I AM SOMETIMES FORGETFUL. BUT THERE AGAIN, SOME OF LIFE IS JUST AS WELL FORGOTTEN. AND I WILL EVENTUALLY REMEMBER THE IMPORTANT THINGS. IT IS SO TRUE THAT EVERYONE GETS OLD 2 SOON AND TOO LATE SMART. SURE, OVER THE YEARS MY HEART HAS BEEN BROKEN. HOW CAN YOUR HEART NOT BREAK WHEN YOU LOSE A LOVED ONE, OR WHEN A CHILD SUFFERS. BUT BROKEN HEARTS ARE WHAT GIVE US STRENGTH AND UNDERSTANDING AND COMPASSION. A HEART NEVER BROKEN IS PRISTINE AND STERILE AND WILL NEVER KNOW THE JOY OF BEING IMPERFECT.

I AM SO BLESSED TO HAVE LIVED LONG ENOUGH TO HAVE MY HAIR TURNING GRAY, AND TO HAVE MY YOUTHFUL LAUGHS ETCHED INTO DEEP GROOVES ON MY FACE. SO MANY HAVE NEVER LAUGHED, AND SO MANY HAVE DIED BEFORE THEIR HAIR COULD TURN SILVER. AS YOU GET OLDER, IT IS EASIER TO BE POSITIVE, YOU CARE LESS ABOUT WHAT OTHER PEOPLE THINK. I DON'T QUESTION MYSELF ANYMORE... I'VE EVEN EARNED THE RIGHT 2 B WRONG. SO, TO ANSWER YOUR QUESTION, I LIKE BEING OLD. IT HAS SET ME FREE. I LIKE THE PERSON I HAVE BECOME. I AM NOT GOING TO LIVE FOREVER, BUT WHILE I AM STILL HERE, I WILL NOT WASTE TIME LAMENTING WHAT COULD HAVE BEEN, OR WORRYING ABOUT WHAT WILL BE AND EAT DESSERTS!!