

A letter to my younger self.

Life is what happens while you're busy making other plans. The older you get the more you desire simplicity. Good judgement comes from experience. Experience comes from bad judgement. Even if you are a minority of one. The truth remains the truth. Humour is the weapon of unarmed people. Marilyn Monroe once said, if you can make a girl laugh you can make her do anything. It's not true. Love isn't something you find, it's something that finds you. Happiness often sneaks in through a door you didn't know was left open. Live for the nights you'll never remember with the friends you'll never forget. True friendship resists time, distance and silence. Human beings are the deadliest animals on the planet. Choose your battles wisely. Peace is not the absence of conflict but the ability to handle conflict by peaceful means.

See the world and let the world see you. Steer clear of politicians, preachers and the mainstream media. Here's a quote from Bishop Tutu. When missionaries came to Africa they had the bible and we had the land. They said, Lets us pray. We closed our eyes. When we opened them, we had the bible and they had the land.

There is a seismic difference between those who receive unconditional love and those who receive none. Between those filled with confidence and those emotionally damaged. People who've been given everything may be drawn to those who've had to fight for every scrap of food and every ounce of dignity. Don't assess others by where they are today if you don't know how far they've travelled to get there. Never harbour regrets. You can't fast forward heartbreak and you can't rewind lost love. The past never leaves you, it just becomes a part of who you are.

Tomorrow isn't guaranteed. Prevarication is the thief of time. Don't take your dreams to the grave. Some people have an appetite for knowledge, some for adventure, some crave power others strive for truth. I have an appetite for mischief and cake. Clichés and quotations. None of us know precisely why we're here or where we're going but sooner or later, every love story ends in tears. The accident of birth shapes our journey. People often meet their destiny on the road they took to avoid it. The two most important days in anyone's life are the day they are born, and the day they find out why. I was never a scholar or an athlete. Perseverance alluded me but if you cannot do

great things, do small things in a great way. The only certainty in life, is uncertainty. Twenty years from now you'll be more disappointed by the things you didn't do, than the things you did. Follow your gut and when plans misfire perhaps it was always meant to happen that way. Mistakes are the portals of discovery. Know that you are absolutely unique, just like everybody else and the best way to discover if you can trust someone, is to trust them. Laugh and the world laughs with you. Snore and you sleep alone.