

## 12 Truths of Life

One: Today may seem like a bad day, perhaps the worst day you've experienced thus far in your life, but at some point, you'll have felt like this before. You'll have gone to bed thinking that that day had been utterly awful and that it couldn't get any worse...but you got through it. You got through that bad day, just like you'll get through this one, and the many others that may come. Every strike brings you closer to the next home run.

Two: The days you spend at school will comprise some of the best days of your life. It may be tiring and annoying having to wake up early in the mornings, sitting through all those math classes and interacting with people you'd rather not see on a daily basis. But you'll look back and realize that those days were full of so much laughter and so many accomplishments and that they cultivated who you are as a person.

Three: No, not everyone from England lives in London. Other places in the country *do* exist.

Four: It's okay not to be okay. Life is a precious thing that should be appreciated, but that doesn't mean we have to pretend that everyday is perfect or that we have to fill every day with non-stop activity. Even God had a day of rest. Sometimes feeling like we're falling apart is the starting point for feeling totally put together. Rock bottom means it can only get better.

Five: Progress is the goal, not perfection. No matter what you do and how far you go, there will forever be another step you can take. Even world champions don't stop training - there is always a "better" to reach.

Six: The people who hate you are the people who will shape you. This is not to excuse their negativity, but all the harsh words you face and all the criticism they throw at you will simply make you stronger. The temporary pain they inflict will result in enormous improvement within yourself, while they will simply be left with bitterness. Their judgement does not define you, it defines *them*.

Seven: Gluten is not life's enemy. Nobody had even heard of it until a few years ago. Eat that delicious piece of cake and ENJOY IT.

Eight: Be yourself. It's easy to be swept up in the latest crazes, and that's okay to an extent, but don't let your desire to fit in wipe away your uniqueness. Remember that an original is always worth more than a copy.

Nine: Not everyone has to be a leader, the world needs good teammates too. Just because you don't have the loudest voice or the confidence to speak out in front of hoards of people doesn't mean your worth is any less than those who do. The quietest people have the loudest minds.

Ten: If opportunity doesn't knock, build a door (Milton Berle). Life itself is a gift but it won't hand you everything on a plate. One's greatest successes come from the hardest work.

Eleven: Your biggest cheerleader has to be you. You could have everything you think you want in life and be the unhappiest person in the world if the voice in your head is still negative. Nobody else can change that for you; it has to be you.

Twelve: Life is a far more daunting experience than death; if you can live through the former the latter mustn't be at the center of your worries. Each new day can present a new challenge - death is only one of them. And after all, it does not do to be wrapped up on something about which we know nothing. Live in the now; the future is a beautiful prospect, and its end cannot outweigh that beauty.