

e-Thoughts — If...

November 2015 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

I really enjoy the work of author and humorist, Erma Bombeck. Here are some lines she wrote that are among my favorites:

“If I had my life to live over, I would have talked less and listened more. I would have invited friends over to dinner even if the carpet was stained and the sofa faded. I would have sat on the lawn with my children and not worried about grass stains. There would have been more ‘I love you’s’... More ‘I’m sorrys’ ... But mostly, given another shot at life, I would seize every minute... look at it and really see it ... live it...and never give it back.”¹

There’s a lot of food for thought in those words and I can relate...

- I’ve certainly had times when I’ve spoken too soon because I wasn’t being “present” when someone trusted me as a listener.
- I’ve procrastinated or not taken a risk because I was afraid of being judged or making a mistake.
- In raising my kids, there were moments when it seemed more important to keep them tidy than to let loose and have fun.

- And I could’ve said “I love you” and “I’m sorry” on occasions when I was too proud or stubborn to do so. I regret those times.

Thanksgiving is a time for gratitude but I also see it as a time for re-evaluation. And for trying to make changes that feel important.

So I’m glad for Ms. Bombeck’s inspirational lines. They give me great ideas for new personal goals: I’m going to try to “seize” more moments, worry less and enjoy more.

How about you? What are you grateful for? What might you change?

Have a wonderful holiday and cherish every moment!

¹www.goodreads.com. Accessed September 2015.