

Message from a Dying Friend

I knew he didn't have long to live.



I was sat next to him on a cold bench at Brighton beach, staring out at the ocean.

"I want to tell you some crap," he said. "Pass it on."

And then he began.

Telling me the things he'd learned in his short time on this planet. The kind of things we all need reminding of from time to time, but we oh-so-easily forget.

"Rule number one, most shit don't matter."

The stuff you spend hours worrying about or getting excited over often don't really matter. Focus on the deeper things that will really count toward a happy life.

"Rule number two, let go of the past."

Regrets and bitterness hold you back. The past cannot be changed. Life only ever moves forward.

"Rule number three, everyone dies with a TODO list."

Don't make work your life, unless it's something you truly enjoy. Everyone dies with a TODO list. Don't glamorize busy-ness.

"Rule number four, assholes exist."

Forget trying to make everyone happy. The world is full of asses. Don't waste your time trying to understand them or please them.

"Rule number five, stop waiting."

It's so easy to delay doing something, just because we're waiting for the situation to be perfect. It will never be perfect. Do it now.

"Rule six, you're awesome, go do shit!"

It's so easy to forget how amazing you are. You're always uniquely you, no matter how hard you try not to be. Accept it, love yourself, and live life.

The thing is...

He died last week. And he wanted me to pass this onto you. So that's what I'm doing. Passing on the lessons of a late friend, to help remind you to live an awesome life.

Karl Moore – email 22 November 2015

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