

Things I Have Learned About Life

Personal essays are based on ideas—insights we've learned based on life experiences. Read the insights expressed by others, and then compose a sentence that expresses one thing you've learned about life.

1. I've learned that when I wave to people in the country, they stop what they are doing and wave back. – Age 9
2. I've learned that if you want to cheer yourself up, you should try cheering someone else up. – Age 14
3. I've learned that although it's hard to admit it, I'm secretly glad my parents are strict with me. – Age 15
4. I've learned that if someone says something unkind about me, I must live so that no one will believe it. – Age 39
5. I've learned that there are people who love you dearly but just don't know how to show it. – Age 42
6. I've learned that you can make someone's day by simply sending them a little note. – Age 44
7. I've learned that the greater a person's sense of guilt, the greater his or her need to cast blame on others. – Age 46
8. I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow. – Age 48
9. I've learned that regardless of your relationship with your parents, you miss them terribly after they die. – Age 53
10. I've learned that making a living is not the same thing as making a life. – Age 58
11. I've learned that life sometimes gives you a second chance. – Age 62
12. I've learned that whenever I decide something with kindness, I usually make the right decision. – Age 66
13. I've learned that it pays to believe in miracles. And to tell the truth, I've seen several. – Age 75
14. I've learned that even when I have pains, I don't have to be one. – Age 82
15. I've learned that every day you should reach out and touch someone. People love that human touch—holding hands, a warm hug, or just a friendly pat on the back. – Age 85
16. I've learned that I still have a lot to learn. – Age 92