



SIXTY COMES FASTER THAN YOU THINK:

31 Lessons for a Life That Matters

INTRODUCTION – LIFE LESSONS LEARNED AT 60

Sixty has a way of sneaking up on you.

It doesn't arrive gradually. It shows up all at once—like a quiet tap on the shoulder, reminding you that time has been moving whether you were paying attention or not. It feels like just yesterday I was graduating from college, thinking about my future, assuming there was plenty of time to figure things out. Back then, life felt expansive. You thought in decades, not years. You assumed there would always be time to adjust, reconnect, or change direction.

And then one day, you realize you've lived more life than you likely have ahead of you.

My children are grown. I'm proud of the people they've become. Many of my siblings are retired. Life hasn't slowed down—but my awareness of it has changed. You begin to notice patterns. You begin to understand what mattered, what didn't, and what quietly shaped everything. You start to see that a meaningful life is not built in big moments—it is built in consistent ones.

More than anything, I feel grateful.

Not everyone gets 60 years. That reality sharpens your perspective. It makes you think more about how you spend your time, who you spend it with, and what drains you. You begin to understand that life is not something that simply unfolds—it is something that is constructed, often quietly, through repeated choices.

Before I get into these lessons, I want to be clear about something.

These are offered humbly.

I don't have all the answers. I haven't figured everything out. And I'm certain there are people who have lived very different lives and would come to very different conclusions. That's part of what makes life intriguing—there isn't just one path.

This is simply my attempt to share what I've learned along the way.

Some of these lessons came easily. Many did not. Some were learned through success, but most were learned through mistakes, misjudgments, and moments where I had to stop and rethink how I was approaching things.

If any of this resonates with you, take it. If it doesn't, that's okay too.

These are just my observations—from one person trying to make sense of the journey.

SECTION 1: TIME, PERSPECTIVE, AND PRESENCE

1. TIME IS THE MOST VALUABLE THING YOU HAVE

Time changes as you age. When you are younger, it feels abundant. You assume there will always be more of it—more time to fix things, more time to pursue what matters, more time to reconnect with people you care about. But over time, that assumption begins to fade. You realize that time is not expanding—it is narrowing.

That realization forces you to think differently. Time is not just something to spend—it is something to protect and invest intentionally. Where you allocate your time becomes one of the clearest indicators of what you truly value. And if you are not careful, it can be spent on things that ultimately don't matter.

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“Lost time is never found again.”
— Benjamin Franklin

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2. BE PRESENT WITH THE PEOPLE WHO MATTER

In a world filled with distractions, presence has become rare. It is easy to be physically with someone but mentally somewhere else, thinking about work, your phone, or the next thing on your list. But presence requires more than proximity—it requires attention.

And if I'm being honest, there are moments I wish I could get back—not because I wasn't there, but because I wasn't fully present.

When you give someone your full attention, you communicate something powerful: you matter. Over time, that builds trust and strengthens relationships. The people who feel seen and heard by you will remember it—and those moments will define the quality of your relationships.

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“Wherever you are, be all there.”

– Jim Elliot

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3. YOUR KIDS WILL GROW UP FASTER THAN YOU EXPECT

There is a paradox in raising children. The days can feel long, but the years pass quickly. You get caught up in the routines, the responsibilities, and the constant demands, and it can feel like it will never change. There are moments when you are simply trying to get through the day.

But it does change. And when it does, you realize how quickly it all went.

The small moments—the conversations, the routines, the time spent together—are the ones that matter most. Not the big events, but the ordinary days. Those are the moments that shape your relationship and create the memories you carry forward.

Being present during those years is not just important—it's irreplaceable.

You don't get to go back and do it again. And when that phase of life transitions, what you miss most are not the milestones—but the everyday moments you didn't fully appreciate at the time.

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“The days are long, but the years are short.”

– Gretchen Rubin

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4. DON'T MAKE YOUR KIDS THE CENTER OF THE UNIVERSE

Your children are incredibly important—but they are not the center of everything. Your role is not just to support them, but to model what a healthy, balanced life looks like.

They are watching how you handle responsibility, relationships, and challenges. They learn more from what you do than what you say. Showing them how to live a full, responsible life is one of the most valuable lessons you can give them.

I used to tell my kids they are part of the solar system—not the center of the universe.

That wasn't meant to diminish their importance but to help them understand that the world doesn't revolve around any one person. Learning that early helps build resilience, perspective, and an appreciation for others.

At the same time, you still need to live your life.

You need to show them what it looks like to have a career, to be a good spouse, to cultivate friendships, and to take responsibility for your own path. In doing that, you're not taking away from them—you're giving them a real example of what adulthood looks like.

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“Children have never been very good at listening... but they have never failed to imitate.”

— James Baldwin

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5. HONOR EVERY STAGE OF LIFE

Everyone is at a different stage of their journey. Some are just beginning, trying to figure things out. Others have decades of experience behind them and are navigating a very different phase of life. That perspective should shape how you interact with people.

It's easy to become impatient with youth or dismissive of age—but both responses miss the point.

Be patient with younger people. They haven't yet had the benefit of experience. They are learning in real time, just like you once were. And be patient with those who are older. Life may be slowing down for them, but their experiences and perspective carry value that you may not yet fully understand.

Respecting every stage of life creates better relationships.

It also reminds you that you are on that same path. You were once young. You will continue to age. And how you treat people along that journey says as much about you as anything else.

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“Do not regret growing older. It is a privilege denied to many.”

— Mark Twain

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SECTION 2: RELATIONSHIPS AND HUMAN NATURE

6. DON'T TAKE IMPORTANT RELATIONSHIPS FOR GRANTED

Relationships require attention. Without effort, even strong relationships can weaken over time. It is easy to assume that the people closest to you will always be there—but that assumption can lead to neglect.

If something matters, invest in it. The time and energy you put into relationships determine their strength. Over time, those investments create stability, trust, and connection that carry you through life.

And like anything else that matters, relationships don't maintain themselves.

They require check-ins, conversations, and a willingness to stay engaged—even when life gets busy. It's easy to prioritize work, responsibilities, and everything else competing for your attention. But if you're not careful, the people who matter most can end up getting what's left over instead of your best.

Be intentional about giving them your best.

Because at the end of the day, it's those relationships—not your accomplishments—that will matter most.

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“The most important thing in the world is family and love.”

— John Wooden

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7. LOVE IS EASY WHEN IT'S EASY— BUT NECESSARY WHEN IT'S HARD

Every relationship will have difficult moments. Misalignment, frustration, and disagreement are part of sharing life with another person. Those moments are not signs of failure—they are part of the process.

The strength of a relationship is determined by how it handles those challenges. Staying engaged, communicating, and working through difficulty builds something deeper. That's where lasting connection is formed.

It's in those harder moments where your commitment really gets tested.

It's easy to show up when things are going well. It's much harder when you're tired, frustrated, or feeling misunderstood. But those are the moments that define the relationship. Choosing to stay engaged instead of pulling away, choosing to work through something instead of avoiding it—that's where real strength is built.

Over time, those moments create trust.

They reinforce that the relationship isn't just built for good times—it's built to last. And when you push through those periods together, the connection that comes out the other side is stronger than it was before.

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“Love doesn't just sit there... it has to be made.”

— Ursula K. Le Guin

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8. CUT YOUR PARENTS SOME SLACK

As you get older, your understanding of your parents changes. You begin to see them not just as parents but as people navigating life with their own challenges.

They didn't have all the answers—and neither do you. Most were doing the best they could with what they had. That perspective creates space for empathy and understanding.

There is no real playbook for being a parent.

Sometimes people become parents before they're ready. Sometimes they didn't have great role models themselves. Sometimes life circumstances make things harder than they should be. When you start to see that, it becomes easier to replace judgment with perspective.

That doesn't mean everything was perfect—or that everything should be excused.

But it does mean you have a choice in how you look back. You can choose to focus only on what was missing, or you can choose to recognize the effort, the intention, and the love that was there—even if it wasn't expressed perfectly.

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“We never know the love of a parent till we become parents ourselves.”

— Henry Ward Beecher

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9. PEOPLE WILL LET YOU DOWN—LEARN TO FORGIVE

People will disappoint you. That's part of life. Everyone makes mistakes and falls short at times. If you expect perfection, you will spend a lot of time frustrated.

But holding onto that frustration comes at a cost. It weighs on you far more than it affects the other person. Learning to forgive is not about excusing behavior—it is about choosing not to carry that weight forward. It frees your energy and allows you to focus on what matters.

There's an old saying that holding onto anger is like drinking poison and expecting the other person to suffer.

In reality, most people have already moved on, while you're still carrying it with you. And over time, that kind of weight doesn't just affect one relationship—it starts to shape how you see others and how you show up.

Forgiveness doesn't mean you ignore what happened.

It means you acknowledge it, learn from it, and then make a conscious decision not to let it define your future. Sometimes that includes having a conversation. Sometimes it doesn't. But either way, letting go is what allows you to move forward.

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“The weak can never forgive. Forgiveness is the attribute of the strong.”

— Mahatma Gandhi

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10. DON'T WASTE ENERGY ON PETTY CONFLICT

Not every disagreement matters. Many conflicts are driven by ego, not importance. It is easy to get pulled into arguments that lead nowhere.

If you go looking for disagreements, you will find them.

Sadly, there is no shortage of things to argue about—opinions, perspectives, small differences that ultimately don't change much. But engaging in every disagreement is exhausting and mostly counterproductive. It drains your energy and often damages relationships over things that simply don't matter in the long run.

That doesn't mean you never take a stand.

There are things worth standing up for—values, principles, and decisions that truly matter. But part of maturity is knowing the difference. Not every issue deserves your time or your emotion. And sometimes, the wiser choice is to let something go rather than prove a point.

Choosing your battles carefully allows you to preserve relationships and maintain clarity.

When you do that, you have more energy for the things that actually matter—and the people who matter most.

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“Never let a problem... become more important than a person.”

— Thomas Monson

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11. FOCUS ON THE RIGHT OUTCOME, NOT BEING RIGHT

The need to be right can get in the way of progress. It limits your ability to collaborate and consider other perspectives.

When you focus on achieving the best outcome rather than winning the argument, you create better results. That shift leads to stronger relationships and better decisions.

I've seen this play out time and time again—in business and in life.

The people who insist on being right often stall progress. They dig into positions, defend their viewpoint, and shut down other ideas. But the people who stay open, who listen, and who are willing to adjust their thinking tend to move things forward.

There's also an ego component to all of this.

When you let go of the need to be right, you make space for better thinking. You invite input. You create alignment. And in many cases, the outcome improves—not because you had the answer, but because the group found a better one together.

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“It is amazing what you can accomplish if you do not care who gets the credit.”

— Harry Truman

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12. TREAT PEOPLE WITH BASIC DECENCY

Kindness and respect are simple but powerful. The way you treat people shapes your relationships and your reputation. It doesn't take much to be courteous, but it makes a lasting impression.

Everyone is dealing with something.

You don't always know what someone else is carrying—the stress, the pressure, the challenges behind the scenes. Approaching people with patience and understanding makes life easier—for both you and them. It lowers tension, builds goodwill, and creates a better experience for everyone involved.

I was raised to believe that manners matter—and they're free.

Saying please and thank you. Holding the door. Looking someone in the eye. Listening when someone is speaking. These things may seem small, but they reflect respect. And over time, those small actions define how people experience you.

Too often, people take out the stress of their day on others.

They become short, impatient, or dismissive. But that behavior doesn't solve anything—it just spreads negativity. Basic decency and good etiquette don't require effort, but they do require intention. When you choose to show up that way consistently, it makes navigating the world a whole lot easier.

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“Always be a little kinder than necessary.”

— J.M. Barrie

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SECTION 3: MINDSET AND HOW YOU THINK

13. BE CAREFUL WHAT YOU FEED YOUR MIND

Your mind is shaped by what you consistently take in. The information you consume—news, conversations, social media, entertainment—gradually forms your outlook on the world. If you are constantly exposed to negativity, conflict, or fear, it will influence how you think and how you feel, often without you even realizing it.

Turn on the news or scroll for five minutes, and you'll see it—conflict, outrage, negativity. It's not neutral. It shapes you.

Being intentional about what you allow into your mind is not about avoiding reality—it's about protecting your clarity. You need information that informs, not overwhelms. Over time, your inputs become your internal dialogue. If you are not careful, you can end up carrying around thoughts and perspectives that were never truly your own.

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“You become what you think about.”
— Earl Nightingale

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14. DON'T LIVE YOUR LIFE IN FRONT OF A SCREEN

Screens are designed to capture your attention, not to improve your life. They offer convenience and entertainment, but they can also pull you into passive consumption that doesn't add much value. It is easy to lose hours without gaining anything meaningful in return.

The danger is not just the time—it's the tradeoff.

Every hour spent in passive consumption is an hour not spent engaging with something real. A conversation, a book, a skill, an experience. Over time, that tradeoff adds up. You can end up with a lot of consumed content—but very little that actually shaped you.

A well-lived life requires engagement.

Reading, learning, interacting, experiencing—those are the things that create depth. Your time is too valuable to spend it disconnected from the real world. Be intentional about when you use screens—and when you put them down.

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“Tell me, what is it you plan to do with your one wild and precious life?”

— Mary Oliver

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15.GET OUTSIDE—IT’S GOOD FOR THE SOUL

There is something about being outside that resets your thinking. Nature operates at a different pace, and when you step into it, your perspective often shifts. Problems that felt overwhelming indoors tend to feel more manageable when viewed from a broader lens.

Spending time outside is not just about physical health—it is about mental and emotional balance. Whether it’s a walk, time near water, or simply sitting in the sun, it reconnects you with something larger than your immediate concerns. It gives your mind space to breathe.

We spend so much of our lives indoors, in front of screens, moving from one task to the next.

Over time, that constant stimulation can wear on you. Getting outside—even for a short period—can break that cycle. It slows you down, clears your thinking, and brings a sense of calm that’s hard to find elsewhere.

There’s a simplicity to it that we often overlook.

You don’t need anything complicated—just time, space, and a willingness to step away for a bit. And more often than not, you come back clearer, calmer, and better equipped to handle whatever is in front of you.

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“Look deep into nature, and then you will understand everything better.”

— Albert Einstei

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16. TRAVEL AND SEE THE WORLD

Travel expands your perspective in ways that nothing else can. It exposes you to different cultures, different ways of thinking, and different ways of living. It challenges assumptions you didn't even realize you had.

When you step outside your normal environment, you begin to see patterns more clearly. You realize that while people may live differently, many of their goals and challenges are similar. That understanding builds empathy and broadens your thinking.

Most of us operate within a pretty small circle.

The same geography, the same routines, the same people. And over time, that can limit how we see the world. When you travel, you gain context. You begin to understand that your way isn't the only way—and sometimes not even the best way.

It also helps you slow down and pay attention.

You notice things you might otherwise overlook. You ask more questions. You become more curious. And that curiosity carries forward even after you return home.

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“Travel makes one modest. You see what a tiny place you occupy in the world.”

— **Gustave Flaubert**

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17. YOU NEED SOMETHING THAT GROUNDS YOU—AND SOMETHING THAT GUIDES YOU

Life can feel unstable without grounding. Relationships, values, and meaningful work provide a foundation that keeps you centered when things become uncertain. Without that foundation, it is easy to feel disconnected or unsettled.

At the same time, you need something that guides you. A sense of purpose, belief, or calling that pushes you forward and holds you accountable. When you combine grounding with guidance, you create both stability and direction—two things that are essential for a meaningful life.

For me, that grounding has always come from my family, my friends, and my work.

I've been fortunate to have people in my life that I care deeply about, and every day I have the opportunity to represent them well—or not. That awareness matters. It influences how I act, how I show up, and the standards I try to hold myself to.

And whatever guides you—whether it's faith, purpose, or a personal code—it plays an equally important role.

It should challenge you to be better, to act with integrity, and to stay aligned with what you believe is right. When you have both something that grounds you and something that guides you, you are far less likely to drift—and far more likely to live with intention.

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“He who has a why to live can bear almost any how.”
— Friedrich Nietzsche

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18. DON'T RUSH TO JUDGMENT

In a fast-paced world, it is easy to form opinions quickly. You are constantly processing information, and there is often pressure to respond without taking the time to fully understand what is happening.

But quick judgments are often incomplete—and often wrong.

There is usually more to the story than what you initially see. People are dealing with circumstances you may not understand. There are layers, context, and perspectives that take time to uncover. My mother used to say, “Put yourself in the other person’s shoes.” That advice holds up over time.

Strong opinions based on limited information rarely lead to good outcomes.

Taking the time to pause, ask questions, and truly understand leads to better thinking and stronger relationships. You don’t need to have an immediate opinion on everything. Sometimes the most intelligent response is to listen longer.

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“Be curious, not judgmental.”
– Walt Whitman (attributed)

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SECTION 4: WORK, DISCIPLINE, AND EXECUTION

19. DO WORK THAT MATTERS TO YOU — AND THAT YOU CAN BE GOOD AT

Work takes up a significant portion of your life. When it lacks meaning, it becomes draining. You may still perform well, but over time, the lack of connection to what you are doing starts to wear on you.

But meaning alone isn't enough.

You also want to do work that you can actually be good at. There is something deeply satisfying about developing skill, improving over time, and knowing that you are capable in your craft. When your work aligns with both your values and your abilities, it creates a powerful combination—purpose and competence.

I've been fortunate that for most of my career, I've been able to experience this.

There were periods early on where work was just a job. But for well over 20 years now, I've looked forward to the work I do and the people I do it with. When you find that combination—something you care about and something you're good at—it stops feeling like work. It feels like a vocation.

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“Pleasure in the job puts perfection in the work.”

— Aristotle

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20.SUCCESS USUALLY HAS TO BE EARNED

Success is rarely accidental. While there are moments of luck, most meaningful success is built through effort, discipline, and resilience. It requires showing up consistently and doing the work, even when it is difficult.

Most people don't win the lottery. Most of us earn what we get.

That means putting in the time, making sacrifices, and pushing yourself when it would be easier not to. It means learning your craft, developing your skills, and staying committed even when progress feels slow.

The connection between effort and results may not always be immediate, but it is real.

There are stretches where it feels like you're putting in the work and not seeing the return. That's where many people lose focus. But if you stay disciplined and consistent, the results tend to show up over time.

And if you're not willing to put in that effort, it usually shows as well.

Lack of focus, discipline, or commitment often leads to frustration—not because opportunity isn't there, but because the work wasn't done. In most cases, the path is clear. It just requires more effort than people are willing to give.



“The harder I work, the luckier I get.”

– Thomas Jefferson



21.DISCIPLINE AND ROUTINE MATTER

Motivation is unreliable. It comes and goes. Discipline, on the other hand, creates consistency. It allows you to follow through regardless of how you feel in the moment.

Routine reduces friction. It eliminates unnecessary decision-making and allows you to focus on execution. Over time, small, consistent actions produce meaningful results. The people who build strong routines tend to perform at a higher level.

I've learned that discipline isn't about rigidity—it's about reliability.

When you create patterns you can count on, you reduce stress and increase confidence in your own ability to follow through. You don't have to negotiate with yourself every day. You simply do what you've committed to doing, and over time, that builds momentum.

“

“We are what we repeatedly do.”

– Aristotle

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22.LEARN HOW TO SAY NO

Saying yes too often can create more problems than it solves. It spreads your time and energy too thin and pulls you into commitments that don't always align with your priorities. Over time, that leads to frustration and a feeling that you're constantly reacting instead of acting with intention.

If I'm being honest, this has been a hard one for me.

I've always leaned towards wanting to please people. I don't like disappointing others. There have been many times where I've said yes when I didn't really want to—or didn't have the time or energy—simply because I was worried about how saying no would be received.

But saying yes all the time comes at a cost.

It dilutes your focus and takes away from what matters most. If everything is a priority, then nothing really is. And over time, your yes loses its meaning if it's always automatic. Learning to say no is about setting boundaries.

When you say no to the wrong things, you create space to say yes to the right ones. And when your yes is intentional, it means more.

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“You have to decide what your highest priorities are...”

– Stephen Covey

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23.FINISH WHAT YOU START

Starting something is easy. Finishing it requires discipline and persistence. Many people have ideas, but fewer follow through to completion.

Unfinished work creates mental clutter. It takes up space and drains energy. It lingers in the back of your mind, becoming a quiet source of stress. Over time, too many unfinished things can make you feel scattered and less effective.

There's also a reliability factor.

When you consistently finish what you start, people begin to trust you. They know you follow through. That matters both personally and professionally. Your reputation is built not on what you intend to do—but on what you actually complete.

It's good to dream and think big—but execution is what turns ideas into reality.

If you start something, have a plan to finish it. And do that consistently. That habit builds confidence, momentum, and a sense of accomplishment that carries forward into everything else you do.

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“Well done is better than well said.”

— Benjamin Franklin

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24. BET ON YOURSELF WHEN YOU CAN

There are moments in life where you have the opportunity to take ownership of your path. Those moments often come with uncertainty, but they also offer growth.

Betting on yourself forces you to develop skills, resilience, and confidence. Even when the outcome is uncertain, the experience itself creates value. It teaches you what you are capable of and prepares you for future challenges.

I've been fortunate to have taken that step.

It's not always comfortable. There are risks involved, and there are moments where things don't go as planned. But when you take responsibility for your own direction—especially when your livelihood or success depends on it—you learn quickly. You adapt. You grow in ways that don't happen when everything is predictable.

If you go through life always depending on others for your security, you're rolling the dice in a different way.

When you bet on yourself, you may surprise yourself. And even if the outcome isn't exactly what you hoped for, you will come out of it stronger, more capable, and with a clearer understanding of what you can do.



“Whether you think you can or you think you can't, you're right.”

— Henry Ford



25. LIVE WITHIN YOUR MEANS

Financial stress often comes from overextending yourself. When your expenses exceed your reality, it creates pressure that affects multiple areas of your life.

Living within your means is not about limitation—it is about control. It allows you to make decisions from a position of strength rather than necessity. Over time, that creates stability and peace of mind.

I've learned this one the hard way at times.

Whenever I've felt financial stress in my life, it's usually been because I didn't get the basic math right. I stretched too far, took on too much, or assumed things would work out without fully thinking it through. And when that happens, you're always playing catch-up.

Too much debt creates a different kind of pressure.

It limits your options. It forces decisions that you might not otherwise make. And it can take the focus away from the things that actually matter. When you stay within your means, you remove one major source of stress from your life—and that’s worth a lot.

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“Beware of little expense; a small leak will sink a great ship”

– Benjamin Franklin

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26. MAKE TIME FOR THINGS YOU SIMPLY ENJOY

Not everything in life needs to be productive. Activities you enjoy simply for their own sake are important for maintaining balance. Without them, life can become overly focused on output and responsibility.

And over time, that becomes exhausting.

You need things in your life that you do purely because you enjoy them. Not because they advance your career. Not because they check a box. But because they bring you satisfaction. Whether it’s reading, cooking, gardening, woodworking, or something else entirely—it matters.

Those moments allow you to recharge.

They help you think more clearly. They restore energy that you can bring back into your work and relationships. A meaningful life is not just about what you produce—it’s also about what you experience.

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“The time you enjoy wasting is not wasted time.”

– Bertrand Russell

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SECTION 5: LIVING WELL AND BUILDING A FULL LIFE

27.A HOME FEELS DIFFERENT WITH A DOG (PET)

For me, a home has never quite felt complete without a dog. There's something about their presence that brings a sense of consistency and warmth into your life. They don't overcomplicate things. They show up the same way every day—loyal, present, and engaged.

In many ways, they model qualities we often struggle to maintain in ourselves.

They don't hold grudges. They don't overanalyze. They don't worry about tomorrow. They simply appreciate being part of your life in the moment. That kind of presence is grounding. It reminds you to slow down and appreciate what's right in front of you.

There is something deeply valuable in that simplicity.

In a world that often feels complex and demanding, having that kind of steady, uncomplicated connection in your home is a gift. It brings balance and perspective in a way that's hard to replicate.

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“Dogs do speak, but only to those who know how to listen.”
— Orhan Pamuk

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28. DON'T FORGET TO LAUGH, BE SILLY, AND HAVE FUN

It's easy to take life too seriously. As responsibilities grow—career, family, finances—so does the pressure. There is always something to manage, something to solve, something to think about. Over time, that weight builds, and without realizing it, you can lose some of the lightness that once came naturally.

That's why it's important to step back and let some of that pressure out.

Laughter, silliness, and fun are not distractions—they are necessary. They reset your mindset. They lighten your perspective. They bring people together in a way that nothing else quite does. When you allow yourself to be present in those moments, you reconnect with a part of yourself that doesn't need everything to be perfect.

Sometimes, you need to let a little air out of the tires.

Reduce the pressure. Stop overthinking. Just enjoy the moment. The ability to not take yourself too seriously is not a weakness—it's a strength. It keeps you balanced, grounded, and human.

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“A day without laughter is a day wasted.”
— Charlie Chaplin

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30.HAPPINESS IS SIMPLER THAN WE MAKE IT

Over time, you begin to realize that happiness is not as complicated as it often seems. It doesn't come from constant achievement or accumulation. It comes from a few fundamental elements that, when present, create a sense of balance.

Someone to love. Something meaningful to do. Something to look forward to.

When those three things are in place, life feels full. They provide connection, direction, and energy. You don't need everything to be perfect—you just need those core elements to be present. When they are, happiness shows up naturally.

When I look back, my happiest moments weren't complicated. They were simple—and I didn't always realize it at the time.

The mistake people often make is overcomplicating it.

They chase outcomes instead of building foundations. But when you focus on relationships, purpose, and anticipation, happiness becomes something you experience—not something you chase.

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“Happiness depends upon ourselves.”

— Aristotle

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31. LOVE IS THE ANSWER (THE MOST IMPORTANT LESSON)

If there is one lesson that rises above all the others—one that I would want you to remember if you forgot everything else—it's this:

Love is the answer.

The other day, I was listening to the radio and heard the song “Love Is the Answer” by England Dan and John Ford Coley. It's a song I've always liked, but this time it landed differently. As I thought about approaching this milestone, the message really hit home. After everything life throws at you—success, failure, relationships, challenges—you begin to see what actually lasts.

And what lasts is love.

When it comes to the people in your life—your spouse, your children, your parents, your siblings, your close friends—love is what holds everything together. Not in a theoretical way, but in the everyday choices you make. How you show up. How you listen. How you support. How you forgive. How you stay connected, even when it's not easy.

Because love is not always convenient.

There are moments when it is tested. Moments when it would be easier to pull back, to protect yourself, or to create distance. But those are often the moments when it matters most. Love is not just something you feel—it's something you choose.

And you don't choose it because you expect something in return.

You choose it because it's the right thing to do. You choose it because it reflects who you are and who you want to be. Over time, you realize that love is not just something you give—it's something that shapes you. It softens you. Grounds you. Connects you.

In a world that can feel complicated, divided, and fast-moving, love brings clarity.

It cuts through ego. It reduces unnecessary conflict. It reminds you what actually matters. And when you look back on your life, what will stand out most is not what you accumulated—but how you treated people.

And more often than not... Love was the answer all along.



“The best thing to hold onto in life is each other.”
— Audrey Hepburn



CONCLUSION

HOW YOU LIVE MATTERS—BUT HOW YOU LOVE MATTERS MOST.

Sixty brings clarity.

You begin to understand that life is not built on dramatic moments but on consistent choices. The way you spend your time. The way you treat people. The way you approach your work. These are the things that shape your life over time.

Patterns become clearer. You start to recognize what truly matters—and what doesn't. The noise fades. What remains is simpler but far more important.

A meaningful life isn't something that happens by accident.

It is something you build—through your habits, your relationships, your mindset, and your willingness to stay engaged even when things are difficult. It is shaped by your ability to stay present, to keep learning, and to invest in what matters most.

If you are reading this—especially if you are part of my personal or professional circle—this is what I hope you take with you:

Be intentional with your time.
Be thoughtful in how you treat people.
Be disciplined in how you live.
Be open to growth and new experiences.
And don't be afraid to take ownership of your path.

Life moves quickly. Faster than you expect.

Don't waste it on things that don't matter.
Don't let distraction take your attention.
And don't assume you will "figure it out later."

Because later arrives sooner than you think.

And if there is a way to sum up a life well lived, Emerson captured it simply:

“

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”

— **Ralph Waldo Emerson**

”

In the end, it comes back to that.

- ▶ Who you are.
- ▶ How you live
- ▶ And how you choose to show up—for yourself and for others.

So, build something that matters.

Build something that lasts. Build something you are proud of.

Wishing you my very best.