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## **Institute For Creative Aging**

“If I had my life to live over, I’d try to make more mistakes next time.  
I would limber up. I would be sillier than I have been this trip.  
I know of very few things I would take seriously. I would be crazier.  
I would be less hygienic.

I would climb more mountains, swim more rivers and watch more sunsets.  
I would eat more ice cream and less beans.  
I would have more active troubles and fewer imaginary ones.

You see, I am one of those people who lives life prophylactically and sensibly and sanely, hour after hour, day after day.  
Oh, I have had my moments, and if I had it to do over again,  
I’d have more of them .

In fact, I’d try to have nothing else .  
Just moments, one after another,  
instead of living so many years ahead each day.

I have been one of those people who never go anywhere  
without a thermometer, a hot-water bottle, a gargle,  
a raincoat and a parachute.

If I had it to do over again, I would go places and  
do things and travel lighter than I have.  
If I had my life to live over, I would start barefooted  
earlier in the spring and stay that way later in the fall.

I would play hooky more. I wouldn’t make such  
good grades except by accident.  
I would ride on more merry-go-rounds.  
I’d pick more daisies.”