Twitter Thread by Damodar Hegde

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Very wonderful w/a msg:
Food for thought ■
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In my 70

I asked one of my friends who has crossed 80 & is heading to 90 what sort of changes he is feeling in himself?

He sent me the following very interesting lines, which I would like to share with you ....

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#1 After loving my parents, my siblings, my spouse, my children, my friends, now I have started loving myself.

#2 I just realized that I am not “Atlas”. The world does not rest on my shoulders.

#3 I now stopped bargaining with vegetables & fruits vendors....

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A few pennies more is not going to burn a hole in my pocket but it might help the poor fellow save for his daughter’s school fees.

#4 I pay my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than me.....
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#5 I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down the memory lane & relive the past.
#6 I have learned not to correct people even when I know they are wrong.....

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The onus of making everyone perfect is not on me.
Peace is more precious than perfection.

#7 I give compliments freely & generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment, ...
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never, NEVER turn it down, just say "Thank You"

#8 I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.

#9 I walk away from people who don't value me. They might not know my worth, but I do.

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#10 I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat & neither am I in any race.

#11 I am learning not to be embarrassed by my emotions. It’s my emotions that make me human.

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#12 I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships I will never be alone.

#13 I have learned to live each day as if it's the last. After all, it might be the last.

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