

Twitter Thread by Damodar Hegde



Damodar Hegde

[@DamodarHegde4](#)



Very wonderful w/a msg:

Food for thought ■

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

....

>2

2/10

#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....

>3

3/10

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.....

>4

4/10

#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.....

>5

5/10

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,

>6

6/10

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.

>7

7/10

#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.

>8

8/10

#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.

>9