

A scenic landscape photograph featuring a dirt road on the left, a lone tree in the center, and distant mountains under a sunset sky. The text "Live And Enjoy the Moment!!!" is overlaid on the right side of the image.

Live And
Enjoy the
Moment!!!



We convince ourselves that life will be better
Once we are married, have a baby, then another.

Then we get frustrated because our children are not old enough, and that all will be well when they are older. Then we are frustrated because they reach adolescence and we must deal with them.



Surely we'll be happier when they grow out of the teen years. We tell ourselves Our life will be better when our spouse gets his/her act together, when we have a nicer car, when we can take a vacation, when we finally retire.



The truth is that there is no better time to be happy than right now. If not, Then when? Your life will always be full of challenges. It is better to admit as much and to decide to be happy in spite of it all.



For the longest time, it seemed that life was about to start. But there was always some obstacle along the way, and ordeal to get through, some work to be finished, some time to be given, a bill to be paid.



Then life would start. I finally came to understand that those obstacles were life. That point of view helped me see that there isn't any road to happiness. Happiness is the road.



So, enjoy every moment. Stop waiting for school to end, for a return to school, to lose ten pounds, to gain ten pounds, for work to begin, to get married, for Friday evening, for Sunday morning, waiting for a new car,



For your mortgage to be paid off, for spring, for summer, for fall, for winter, for the first or the fifteenth of the month, for your song to be played on the radio, to die, to be reborn...before deciding to be happy.



Now, please answer these questions:

- 1 - Name the 3 richest people in the world.
- 2 - Name the last 3 Miss Universe winners.
- 3 - Name the last 3 Nobel Prize winners.
- 4 - Name the last 3 winners of the Best Actor Oscar.



Can't do it? Rather difficult, isn't it? Don't worry, nobody remembers that. Applause dies away! Trophies gather dust! Winners are soon forgotten.



Now please answer these questions:

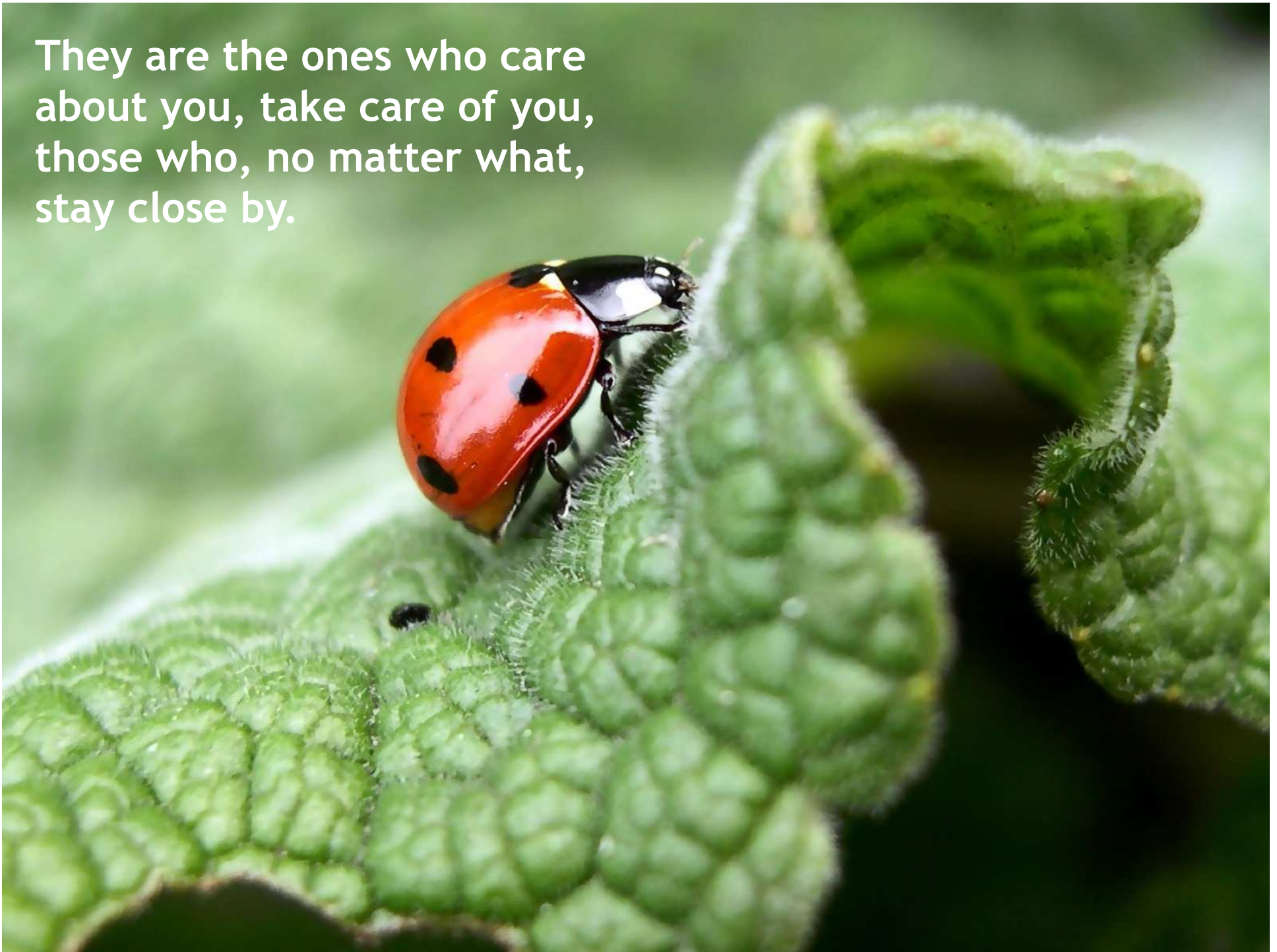
- 1 - Name 3 teachers who contributed to your education.
- 2 - Name 3 friends who helped you in your hour of need.
- 3 - Think of a 3 people who made you feel special.
- 4 - Name 3 people that you like to spend time with.



More manageable? It's easier, isn't it? The people who mean something to your life are not rated 'the best', don't have the most money, haven't won the greatest prizes...



They are the ones who care
about you, take care of you,
those who, no matter what,
stay close by.



Ready or not, someday it will all come to an end. There will be no more sunrises, no minutes, hours or days. All the things you collected, whether treasured or forgotten, will pass to someone else. Your wealth, fame and temporal power will shrivel to irrelevance.



It will not matter what you owned or what you were owed. Your grudges, resentments, frustrations, and jealousies will finally disappear. So, too, your hopes, ambitions, plans, and to-do lists will expire.



The wins and losses that once seemed so important will fade away. It won't matter where you came from or on what side of the tracks you lived, at the end. It won't matter whether you were beautiful or brilliant.



**Even your gender and skin color will be irrelevant. So what will matter?
How will the value of your days be measured?**



What will matter is not what you bought, but what you built; not what you got, but what you gave. What will matter is not your success, but your significance. What will matter is not what you learned, but what you taught.



What will matter is every act of integrity, compassion, courage or sacrifice that enriched, empowered or encouraged others to emulate your example.



What will matter is not your competence, but your character. What will matter is not how many people you knew, but how many will feel a lasting loss when you're gone.



What will matter is not your memories, but the memories that live in those who loved you. What will matter is how long you will be remembered, by whom and for what.



Living a life that matters doesn't happen by accident. It's not a matter of circumstance but of choice. So choose to live a life that matters.



A candle loses nothing if it is used to
light another one





There is no better time
to be happy than...NOW.
Live and enjoy the
moment!!!

Thank You Very Much
Sompong Yusontorn