

Recommendations for telling a good life's story

This is not an advice column. I sometimes offer recommendations, but typically, it isn't personal.

It's aimed at the macro level of the society. This way people don't take things too personally, although challenging any beliefs/value systems can get people lathered up.

I did note a set of "tips" the other day on Facebook posted by good friend, Jim Keefer.

This list of 45 suggestions was a reminder of things your father shared with you when growing up. Or, like my father, a WWII combat veteran who kept things pretty close to his chest you had to sort of infer what he was aiming at.

Since I didn't infer everything as well as I might, and being a visual learner, I like lists.

This list was oriented toward young men ... but because I see no reason why women can't get advice from fathers, I'm



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NOTHING TO HIDE

making the list gender neutral.

It's broken down into three categories: opposite sex, work and life worth living (and yes, there is overlap there!). Taking my favorite of each category I wanted to share what I was surprised and pleased to read:

First, "Go for men/women you perceive to be "out of your league." You'll surprise yourself."

The alert reader will recognize this piece of advice falls into the "life worth living" category. This tip isn't about you

and men/women as potential partners. This is about self-esteem and self-worth.

Only the narcissists among us think they are as good or better than they really are.

The rest of us tend to have astonishingly modest views of ourselves and what we think we deserve. That is why the power of positive thinking is so critical to one's self-image.

As the famous psychologist once said "If you think you can or you think you can't, you're right."

Will this approach lead to some rejection and failure? Absolutely. Embrace failure.

If you never push your limits to the failing point, you never know how far that boundary is. And, you never learn what you need to do differently.

Leave your ego at the door and drive on.

"Never take him/her to the movies on the first

date." It isn't about the movie, or the dinner, or your car ... it's about you and what you have to say for yourself.

I was also going to say it isn't about your clothes, but since I'm a nudist, people might say that is self-serving.

The fact is, if you are serious about a relationship vs. a hookup, you want someone you enjoy talking with. A lot.

Although its hard to believe when you're 25, there is more to a relationship with the opposite sex than sex. You will spend most of your waking hours together talking and listening to each other ... so you should like doing that ... a lot ... almost as much as sex.

"You can tell the size of the woman/man by the size of the things that bother them." All of us have petty annoyances and things that go wrong. But that isn't an excuse for road rage, office rage

or cap-off-the-toothpaste rage.

It isn't about us ... there are bigger issues in the world.

Remember the line from Casablanca where Rick (Bogart) tells Ilsa (Ingrid Bergman) that in spite of the fact they love each other ... he is making her get on the plane and he is staying behind for the fight "... it doesn't take much to see the problems of three little people don't amount to a hill of beans in this crazy world. Someday you'll understand that."

Now, that is perspective.

The last favorite I'm going to single out (there are others — for the full list go to www.tickld.com/x/45-man-tips) is this: "Go with the decision that makes for a better story."

Pretty quixotic but it is something I've done (some) in my life and I have some great stories to tell ... just ask me about

the motorcycle trip to the Arctic Circle or the Mofat Tunnel.

Life is more than logical, rational decisions. Those are handy sometimes.

But most of us spend lots of time trying to make the "right," logical decision and not make a mistake.

Life is more than about work, money, or living comfortably. Sometimes its about living uncomfortably but having a hell of a story at the end.

The last idea might be to use tips like this to dialogue with your own parents or your children to learn their thinking and share some of your own.

It's that talking thing again ...

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