

Older People Give Life Advice

Interviewer: What advice would you give to your youngest self?

Man: Don't be scared. Make the hard decisions.

Woman: Don't worry yourself about things that might never happen.

Interviewer: And what makes you say that?

Woman: Because I spend my whole life doing it.

Interviewer: And why is that important? Why would that be...

Woman: Because you waste emotional energy. You're wasting time on something that A, might not happen, and B, you can't change anyway.

Interviewer: Yeah, it's so true. So then what would you say to young people that are literally struggling with that right now and maybe they're watching?

Woman: Try not to worry about anything that you can't change. Think of other things that they could do that would might improve their lives in other ways, but don't waste time worrying about something that you cannot change.

Man: Spread my feathers and let my beauty shine.

Interviewer: You had any problem with that?

Man: Well, we all do, right? And we all want to make sure that we're out, we can give our best selves to everyone and let our inner selves shine.

Woman: Don't be so afraid.

Interviewer: Have you been afraid of something that you needed to overcome?

Woman: Oh, sure. You know, plenty of times where there was an opportunity that came up and you think about it and you think about it and then you're like, okay, maybe next time. And you put it away for a way and then you think later like, oh, I really should have done that. I really should have gone there.

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Woman: Take any opportunity that you have for your future. Because as a teenager, I had a very simple, boring life and then I had the chance to go to Japan and it changed my life.

Man: Don't get so caught up in things, don't get so worried. Have fun, have a little fun.

Interviewer: And why would you say that?

Man: Because we're all going to die eventually. You don't want to spend your whole time worried and fretful and anxious about this or that.

Woman: Seize the moment. Say yes more often. Don't always say no. Don't always think things over too much. I think there's been times when I haven't seized opportunities. I've been too cautious. Whereas now, I sort of feel like that was a bit silly. I should have gone for it more. I don't regret things, but it's just what I would say, I think.

Man: Now I realize over my life, I've probably not done things because I'm too worried about what might happen and what might not. Whereas really, you know, just go for it.

Woman: Probably to take my time and to explore and not be afraid to explore and adventure and those things that maybe I think were too big to go ahead and to try, to just have a go. Sometimes fear can hold us back and when we're younger, like on one side of it we can be fearless but on the other side of it with fears of the unknown or fears of "different" and change can be intimidating. Ask yourself why you're afraid. Ask yourself where that fear is coming from and then begin to investigate that and press forward into it. And if you need to make a change, make a change. If you need to step in another direction, then step in another direction. But don't let it hold you back from following and chasing your dreams.

Interviewer: Thank you.