

weight, over-
an capable of
commitment
p at a time to

change started
— I realized
gin running.
ht training to
my diet that
ian. I began
s. And, most

*If I had my life to live over, I would relax more
I wouldn't take so many things so seriously
I would take more chances
I would climb more mountains
I would swim more rivers
I would ride more merry-go-rounds
I would pick more daisies
The next time, I'd start barefoot earlier in the
spring and stay that way later in the fall
I would not make such good grades in school
unless I really wanted to
I would relax more.*