

## Everybody's Free (To Wear Sunscreen)

**Baz Luhrmann**

If I could offer you only one tip for the future,  
sunscreen would be it

The long-term benefits of sunscreen have been proved by scientists

Whereas the rest of my advice has no basis more reliable

Than my own meandering experience,

I will dispense this advice now

Enjoy the power and beauty of your youth, oh, never mind

You will not understand the power and beauty of your youth

Until they've faded, but trust me, in 20 years, you'll look back

At photos of yourself and recall in a way you can't grasp now

How much possibility lay before you

and how fabulous you really looked

You are not as fat as you imagine

Don't worry about the future

Or worry, but know that worrying is as effective as trying to solve an algebra equation  
by chewing Bubble gum

The real troubles in your life are apt to be things that never crossed your worried mind

The kind that blindsides you at 4 p.m. On some idle Tuesday

Do one thing every day that scares you

Saying, don't be reckless with other people's hearts

Don't put up with people who are reckless with yours

Floss

Don't waste your time on jealousy

Sometimes you're ahead, sometimes you're behind

The race is long and in the end, it's only with yourself

Remember compliments you receive, forget the insults, if you succeed in doing this, tell me how

Keep your old love letters, throw away your old bank statements

Stretch

Don't feel guilty if you don't know what you want to do with your life.

The most interesting people I know didn't know at 22 what they wanted to do with their lives

Some of the most interesting 40-year-olds I know still don't

Get plenty of calcium

Be kind to your knees

You'll miss them when they're gone

Maybe you'll marry, maybe you won't

Maybe you'll have children, maybe you won't

Maybe you'll divorce at 40, maybe you'll dance the 'Funky Chicken'

On your 75th wedding anniversary

Whatever you do, don't congratulate yourself too much

Or berate yourself either

Your choices are half chance, so are everybody else's

Enjoy your body, use it every way you can

Don't be afraid of it or what other people think of it

It's the greatest instrument you'll ever own

Dance, even if you have nowhere to do it but your own living room

Read the directions even if you don't follow them

Do not read beauty magazines, they will only make you feel ugly

Brother and sister together we'll make it through

Some day a spirit will take you and guide you there

I know you've been hurting but I've been waiting to be there for you

And I'll be there just helping you out whenever I can

Get to know your parents, you never know when they'll be gone for good

Be nice to your siblings, they're your best link to your past  
And the people most likely to stick with you in the future  
Understand that friends come and go  
But a precious few, who should hold on  
Work hard to bridge the gaps in geography and lifestyle  
For as the older you get, the more you need the people you knew when you were young  
Live in New York City once but leave before it makes you hard  
Live in northern California once but leave before it makes you soft  
Travel  
Accept certain inalienable truths  
Prices will rise, politicians will philander, you too, will get old  
And when you do, you'll fantasize that when you were young  
Prices were reasonable, politicians were noble  
And children respected their elders  
Respect your elders  
Don't expect anyone else to support you