Everyone’s Free (To Wear Sunscreen)

Ladies and Gentlemen of the class of ’99:  
  
Wear sunscreen. 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; or never mind. You will not understand the power and beauty of your youth until they have 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  
Bubblegum. The real troubles in your life are apt to be things that  
Never crossed your worried mind; the kind that blindside you at 4 PM on some idle Tuesday  
  
Do one thing every day that scares you  
  
Sing  
  
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 the 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 in 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  
  
Get to know your parents; you never know when they’ll be gone for good  
  
Be nice to your siblings; they are 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 for the precious few you  
Should hold on  
  
Work hard to bridge the gaps in geography and lifestyle, because 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](https://genius.com/Baz-luhrmann-everybodys-free-to-wear-sunscreen-lyrics#note-6385082)  
  
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  
  
Maybe you have a trust fund, maybe you have a wealthy spouse; but you never know when either one might run out  
  
Don’t mess too much with your hair, or by the time you're 40, it will look 85  
  
Be careful whose advice you buy, but be patient with those who supply it  
Advice is a form of nostalgia. Dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts and recycling it for more than it’s worth  
  
But trust me on the sunscreen