

# 1963 - A Short Reflection on Life Guidelines



*Aron Visuals*

## **Ilkay Çakiroğullari \ \**

At a stage where time has no active role anymore, it feels like everyone is rushing. “Start a new challenge” – “start something new” – “reinvent yourself,” the voices are overlapping. Many people talk, and only a few take actions, that is the way it is today! Anyone who worked hard in the past, may be praised with a break. Whoever was lazy up until now should work even harder than ever. Who decides whether someone had done a lot or a little? Perhaps it is the media or far worse, the social media that dictates how one should use their “free time” most effectively.

The Article, “Positive Living in Positive Environment Today for 70+,” suggested a detailed schedule. A schedule that ought to give my life, or particularly everyone’s life, a new and deeper meaning. Your new life slogan should now be, “PLIPET70+.”

My daily routine should somehow look like this:

6:30: Getting up

6.31: Drink a glass of water at room temperature (Neither cold nor warm)

6.33: Prepare your yoga mat for meditation

6.48: Bathroom

7.02: Breakfast (do not forget, every bite must be chewed at least 20 times)

7.37: Brush your teeth or clean your dentures

The list counts over ten pages and an astonishing wordcount of 1963 words. These 1963 words are dedicated to structure each minute of your life in order to live it in the most perfect and healthiest way possible. Not 1964 words or 1962 words! These 1963 words should become my new doctrine. The 27-year-old author, who graduated his studies in journalism last year, is now spreading the slogan of life in one thousand nine hundred and sixty-three words. At the end of the day, it was not the one thousand nine hundred sixty words that shaped my life. It was the little and remarkable encounters that made me smirk throughout the day:



*Ben White*

7.00: backpain (Monday)

7.15: Coffee tastes particularly good today (Wednesday)

8.49: A child waved and smiled at me today (Friday)

9.37: I cuddled with a dog (Monday)

10.56: A walk in the fresh air (Sunday)

12.23: Watching a soccer game, that reminded me at good old times with my older brother (Tuesday)

14.03: Appetizing and pleasant lunch (Saturday)

11.03: Slept in today (Thursday)

Not every day is perfect. Not every second can be calculated. Life is not a list. We are humans and each of us, no matter the age, can create a positive view of life with their actions and aspects in the present. In case a day does not go as intended; who cares?! As Charlie Chaplin once said: "A day without laughter is a day wasted." \