

Treasure every 'now': Rosemary Allison

You ask me, 'What would I tell my younger self?' That makes me pause as I wonder which younger self?

Would it be the bright-eyed clever schoolgirl constrained by class and finances to find a job at 15?

The emerging young woman adventurer who took off on her own to work in New Zealand at 19?

Perhaps it would be the romantic who got involved with an older man when she was 15 and married him at 21?

Or maybe the new bride who persuades this husband to take six months off work to travel to the UK and Europe, on a camping trip?

Then it might be the Dr Spock- inspired young mother to two boys who emerges over the next three years?

I think I would share the same hard-learned words of wisdom with all of them.

So, I would say, treasure every now, as it is these 'nows' that added together, make a life

Anything you decide is worth doing, do well and remember it takes time and effort.

Be patient. One moment, one hour, one day at a time (gifted by a dear friend).

Laugh a lot. Find friends to laugh with - a lot.

Value family members with kindness and compassion in both good times and not so good.

Forgive.

Value yourself, your skills and keep your thoughts positive and strong.

Be grateful for all you are and all you have.

Love your life.