

Everybody's Free (to wear sunscreen)

Baz Luhrmann

Ladies and Gentlemen of the class of '99...

Wear ¹_____.

If I could offer you only one tip for the future, ²_____ would be it. The long term benefits of sunscreen have been proved by scientists whereas the rest of my ³_____ has no basis more reliable than my own meandering experience...I will dispense this advice ⁴*later / now*.

Enjoy the power and ⁵_____ of your youth; oh never mind; you will not understand the power and beauty of your youth until they have faded. But trust me, in 20 ⁶_____ you'll look back at ⁷*photos/videos* 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're not as ⁸_____ as you imagine.

Don't worry about the ⁹_____; 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 4pm on some idle ¹⁰_____.

Do one thing every day that ¹¹*amazes / scares* you.

Sing.

Don't be reckless with other people's ¹²_____, don't put up with people who are reckless with yours.

Floss.

Don't ¹³_____ your time on jealousy; sometimes you're ahead, sometimes you're behind...the race is long, and in the ¹⁴_____, it's only with yourself.

¹⁵_____ the compliments you receive, ¹⁶_____ the insults; if you succeed in doing this, tell me how.

¹⁷*Throw / 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 ¹⁸_____ people I know didn't know at 22 what they wanted to do with their lives, some of the most ¹⁹*interesting / fantastic* 40-year-olds know still don't.

Get ²⁰*plenty / a lot* of calcium.

Be kind to your ²¹*legs / knees*, you'll miss them when they're gone.

Maybe you'll marry, maybe you won't, maybe you'll have ^{22.} _____, maybe you won't, maybe you'll ^{23.} _____ 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 ^{24.} **body / life**, use it every way you can...don't be afraid of it, or what other ^{25.} _____ think of it, it's the greatest instrument you'll ever own..

^{26.} _____...even if you have nowhere to do it but in your own living room.

Read the directions, even if you don't ^{27.} **understand / follow** them.

Do NOT read beauty ^{28.} _____, they will only make you feel ugly.

Get to know your ^{29.} _____, you never know when they'll be gone for good.

Be nice to your siblings; they are the best link to your ^{30.} _____ and the people most likely to stick with you in the future.

^{31.} _____ that friends come and go, but for the precious few you should hold on. Work hard to bridge the gaps in geography in lifestyle because the older you get, the ^{32.} **less / 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 ^{33.} **easy / soft**.

^{34.} _____ .

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 ^{35.} **people / children** respected their elders.

Respect your elders.

Don't expect anyone else to ^{36.} _____ 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 ^{37.} **hair / skin**, or by the time it's 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 ^{38.} **believe / trust** me on the sunscreen...