Everybody's Free (To Wear Sunscreen)

Baz Luhrmann

Ladies and gentlemen of the class of '99
Wear sunscreenIf 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 or reliable
Than my own meandering experience, I will dispense this advice nowEnjoy 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 imagineDon't worry about the future
Or 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*Sing Chorus*Don't be reckless with other people's hearts
Don't put up with people who are reckless with yoursFlossDon'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 statementsStretchDon'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 goneMaybe 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'sEnjoy 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*Sing Chorus*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 futureUnderstand that friends come and go
But a precious few, who should hold onWork 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 softTravelAccept 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 eldersRespect your eldersDon't expect anyone else to support you
Maybe you have a trust fund, maybe you'll have a wealthy spouse
But you never know when either one might run outDon't mess too much with your hair
Or by the time you're 40 it will look 85Be 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 worthBut trust me on the sunscreen*Sing Chorus*

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