

Baz Luhrmann

"Everybody's Free"

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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, 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 imagine

Don't worry about the future or worry that know that
worrying
Is as affective 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

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 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

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 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're 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 a precious few, who should hold on

Work 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 soft

Travel

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'll 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

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