

Baz Luhrman

"Sunscreen Speech"

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Baz Luhrman - Sunscreen Speech
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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
nevermind; you will not understand the power and
beauty of your youth until they have 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're not as fat as you imagine.

Don't worry about the future; or worry, but know that
worrying is as effective as trying to solve an algebra
equation by chewing bubblegum. The real troubles in
your life are apt to be things that never crossed your
worried mind; the kind that blindside you at 4pm on
some idle Tuesday.

Do one thing everyday 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 the 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

Dont feel guilty if you dont know what to do with your life...the most interesting people I know didnt know at 22 what they wanted to do with their lives, some of the most interesting 40 year olds I know still dont.

Get plenty of calcium

Be kind to your knees, youll miss them when theyre gone.

Maybe youll marry, maybe you wont, maybe youll have children, maybe you wont, maybe youll divorce at 40, maybe youll dance the funky chicken on your 75th wedding anniversary...what ever you do, dont congratulate yourself too much or berate yourself either - your choices are half chance, so are everybody elses.

Enjoy your body, use it every way you can...dont be afraid of it, or what other people think of it, its the greatest instrument youll ever own.

Dance...even if you have nowhere to do it but in your own living room.

Read the directions, even if you dont follow them.

Do NOT read beauty magazines, they will only make you feel ugly.

49 second break in speech -- Quindon singing

Get to know your parents, youll never know when theyll be gone for good. Be nice to your siblings; they are the best link to your past and the people most likely to stick with you in the future.

Understand 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 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, price 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.

Dont expect anyone else to support you. Maybe you have a trust fund, maybe you have a wealthy spouse; but you never know when either one might run out.

Dont mess too much with your hair, or by the time its 40, it will look 85.

Be careful who 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 its worth.

But trust me on the sunscreen...

1:18 of vocal

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