

## Happy Birthday!!

Remember when you were a little kid and you'd count down the days until your next birthday? Back when you weren't 10, but 10 ½ or 10 ¾. When all you could think about were parties and presents, cake and ice cream, friends and family? Can you remember the thrill and excitement? All those years you were in such a hurry to grow up. All these years later, all you wish you could do is turn back the clock. What walking contradictions we are!

Now, as birthdays approach, we begin to moan and groan. Another year has slipped by. Where did they all go? Now we're worried about retirement, wrinkles, and lying about our age. The day we once spent almost a year looking forward to, we now spend dreading.

When is the last time you celebrated your birthday? How long has it been since you've made a production out of your spouse's birthday?

As we grow older, birthdays become less of a celebration and more of a reminder that our lives are slowly slipping past. Instead of the eagerness of youth, we face it with the dread of dreary adulthood. How in the world did this happen?

No matter how old you are, or your spouse is, every birthday is a reason to celebrate. The average person will only have the chance to celebrate 78 birthdays. If you're thirty-five, you can hope for another forty-three. But what about all of those people who die young? From freak accidents, car crashes, cancer, heart disease? The plain fact is: you have no idea how long you've got left on this planet. At any moment, chaos can creep in and rob you of the time you have with your family, friends and loved ones. So when your birthday comes along, don't mourn that you are getting old but celebrate the life you've lived. Birthdays should be exciting for the both of you!

If you've spent the last few years thinking that birthday celebrations were just for kids, maybe it's time for a change!

The next time a birthday rolls around in your house, whether it's yours, your husband's or your kids', make a big deal out of it.

*Buy special gifts, throw a small party.*

*Have cake and ice cream.*

*Splurge for a special night out on the town.*

*Throw a surprise party.*

*Get your friends and relatives involved.*

*Go out for drinks, dinner and a movie!*

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Kathy Stafford, Relationship Coach

“I show singles how to get married and couples how to STAY married”

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