

1 second

by Mister High, Jr.

1 second

1 minute

1 hour

1 day

1 week

1 month

1 year

It's ironic how the smallest number can take up that vast amount of time
And in that time you've taken risks and made choices that either were beneficial or bad
for you

1 gift

1 hug

1 complement

1 good day

1 good person

Isn't it also ironic how out of all of the good things that have happened to or have been
said to you

It was always just been that 1 that stood out from the rest, the one that you will always
remember and appreciate

How about that?

My nana always told me "Live your life your young

Don't just sit there remanding

Mistakes are just lessons for one

You got a lot of new people and new things headed your way

You're a young man, and you got a lot of growing to do. .

If you're sad over a girl,

remember if it didn't last it wasn't meant to.

1 word

1 injury

1 decision

That 1 person

1 moment

That you regret you wish it never happened or you could change or take back
I didn't write this piece to put you in a bad mood or to have you thinking
I just wanted you to see that no matter how you look at the number one, that number
one no matter what it is,
Will always be there and follow you
No matter if you like it or not

My nana always told me "Live your life while you young"
Not that you can't live your life when you get old
But, the age you are now is the healthiest and youngest you ever going to be
So why you sitting there dwelling, reminiscing about times you wish you could remake
And people you wish you never met? All this pain you think you have
Is actually just lessons and experiences you need for adulthood
People don't understand at these ages a lot of things that happen in your life are just
A part of growth

A lot of people use religion to explain why a lot of bad things that happen are just there
god or angels or demons
Trying to send them messages or give them a guide in life, but in all reality

Every decision you make is the reason your life goes as planned
If you spend your time not eating healthy, keeping yourself in a bad mindset, being a
follower,
Just generally not taking care of yourself mentally and physically, giving your energy
into negativity,
Then, you won't be able to change or escape the bad that happens to you
Because all you're really doing is destroying yourself as time goes by

And time is limited and costly you never know when it's your time to go

A lot of people don't value life
They don't understand that they could've been born anything else in this world,
But, they were blessed with being human
They were blessed with emotions to feel happy, sad, mad, confused
To feel, to hear, to smell, to touch
And no matter how you look at it it's a blessing, something you shouldn't take for
granted
Cause there's a lot of unfortunate things out here that don't have the freedom or
mental and physical capabilities we have
It's OK to open your mind to new things and challenge yourself

That's what makes life fun and valuable when you set goals and achieve them, when
you take risks,
when you take L's and learn from them. Eventually, trust me, you're going to feel so
much better

And you'll become so much better. Remember everything's not perfect. It never will be
So, don't go searching for perfection, just learn, grow mature and once you feel you
served your purpose
Live your life through peace, and you'll see why I say value life

Lemme tell you sum, bro

You're a young man, and you got a lot of growing to do.
You got a lot of new people and new things headed your way.
You got a lot of people that's trying to hate and bring you down instead of up.
If you're sad over a girl remember if it didn't last it wasn't meant to.
These girls are everywhere. That's the thing, girls are everywhere, but women are hard
to find.

There's a woman looking for you right now in the same situation as you
Ready for a man to pop up in their life. But everything takes time. You need yourself
right now bro
You're so worried about these girls and these people you see on social media that you
think better than you and got it all
That all you're doing is bringing yourself down while they're going up.
Look at your own success, bring yourself up. Find love within yourself.
Work towards your dreams, and stay looking good everyday cause all you got is you.
Don't lose you, forget losing everybody else. Make sure you don't lose yourself, bro
Cause I'm all of the reality you got. Once you lose yourself
Who are you?