

Life at Its Finest

Do you have a period in your life that you would consider special? A lot of people have certain years or decades in life where they have nothing but fond memories which they would love to relive all over again.

There are times in life which are just so ecstatic and full of happiness that you wish that you could experience them twice in your life. You could go back and relive them again and again.

The good thing is that you can always have memories when you experience something great in life. The bad thing is that it is never as intense or as wonderful as experiencing it for real.

For example perhaps you had one night with your friends where you laughed so hard for hours that your stomachs were in pain. It is hard to just recreate these experiences again or have those feelings when you play them in your mind but they still give you warm fuzzy feelings.

They may have been times when you were younger in your student years or perhaps times spent with people that may have passed away. You may have slightly mixed feelings of sadness and happiness when you [think](#) of them.

The memories that are special to you may be once in a lifetime things. Perhaps you won a sports contest or there were moments in life where everything just seemed to go right for you. It may be hard to have these experiences again as it may be a long time since you played those sports or a lot may have changed in that time.

Even just thinking about such memories may bring a big smile to your face. It is possible that you may have taken photos or even some video footage of certain special occasions. For example people document weddings, baptisms and similar occasions but other occasions tend to be filmed less often so only your memory and the people that were there will be able to recall those times. You do often wish that certain times in life had been filmed!

One of the harder versions of these kinds of feelings to deal with is when a special time in life was with a certain romantic partner. Often it is a relationship that was special to a person but for whatever reason did not work out.

When people experience really special relationships they can be hard to forget about. They still often miss the person and [wish for them](#) to be together. They recall those days as the best in their life and want more of those days.

Some people say you should try not to revisit these sorts of experiences in your mind too often as they will only make you sad. However there can be a lot of happiness attached to these memories and they may still make a person smile long after they happened.

Some people may find that they get in touch with what they really want when they look back over their life like this. They can determine what or who made them happy and try to get these things or people back into their life if they belong there.

Many things will happen during life but some will stand out more than others. Some find that certain events determine their life or what they should be about. For others they are nothing but memories.

But if you have memories that really mean a lot to you then it is worth exploring why. You can discover a lot about your life and what makes you happy or what makes life meaningful.

You won't be able to relive certain things again in life. Those are the things which you'll retain as memories but there are other things which you may be able to live again in the future. Sometimes things are even better the second time around and you appreciate them more!

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