

Lex on the Beach: Make a Wish

Written by Alexis DelChiaro

Former Valley girl and current San Diego morning-show host, Alexis DelChiaro shares life lessons and her California adventures.



I just celebrated a birthday. I don't feel it's necessary to go into detail on which one exactly, because age is really just a number, right? But let's just say, for the sake of this story that it rhymes with "Dirty." Now, mostly I love birthdays. I love the cards and the cake, thoughtful phone calls (now facebook messages) from friends and the general celebration of life. But for me there's usually at least one teeny tiny, maybe even embarrassing thought that creeps into my head around my birthday. It's the moment I recall "the things I **didn't** accomplish since my last birthday." Ugh, we've all had that feeling right? The job you didn't take, the relationship that failed, the ten pounds you never lost...I mean really the list could go on and on.



So this year, instead of focusing on what I didn't do, I'm celebrating all that I have done. When I really stop to think about all that I've accomplished in one year, I'm kind of impressed. I got a new job, moved to San Diego, I took surfing lessons, I spent a lot of time alone, I forgave, I traveled to Brazil, (well... really I traveled all over) I made mistakes, I started learning Italian, I fell off my bike, I made peace, I laughed so hard I cried, I made new friends, I stayed in touch with old friends, I faced my fears, I learned how to use a shotgun...I even started writing this column!! I lived and I loved. What more could you want in 365 days?

Has it been a perfect year? No, of course not. Is that even possible? Thankfully, I'm pretty sure it's the imperfections that make an experience perfect? Sure, I moved to San Diego and started a new job, but I miss my friends in Arizona like crazy. Well, guess what? Absence really does make the heart grow fonder. The surfing lessons I took? I got thrown around in the water like a rag doll, but I had an absolute blast! As for my Italian lessons, did I become fluent? Not even close, but I can certainly ask how to find the bathroom! (Mi scusi, dov'è il bagno?)



As family and friends surrounded me to sing "Happy Birthday" at my party, I leaned over, closed my eyes and blew out the candles on a gorgeous gold and white cake. In the split second when your supposed make a wish, I realized my wish has already come true. Everything I want, I already have. I am blessed in a million ways and that is what I choose to focus on.

So happy birthday to you on your special day! Here's to another year of loving life and always looking for the sunshine on a cloudy day! It's out there somewhere, if you have the courage to keep searching.