



SKIP TO MY LIFE

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# *My Aging Manifesto*

## **I am PRO-AGING.**

I will erase the words “anti-aging” from my vocabulary, along with the philosophy that youth is more valuable than maturity and experience.

## **I refuse to compete.**

I will celebrate life in all its phases and stages. My motivation is achieving my personal best, not “keeping up” or looking or acting like something I’m not.

## **I will promote others.**

I have an abundance of gifts and experiences and choose to share them in any way that might move someone forward in life, rather than living in the past.

## **I have not “arrived”.**

I will seek out and embrace those who are generous or provide a positive message. I will humbly ask for and accept help when I need it.

## **I will live with great anticipation.**

When I look for blessings, I will find them all around me. Even though hardships will come, I choose to believe they are a pathway to greatness.