

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.