

Mindset

Reset

Aging with Grace

Aging with strength and grace. Thriving as I age...

I love the idea of it-and I'd like to shift my thinking around this.

I love the idea of looking forward to aging with vitality, to thriving and enjoying life with those I love, fulfilling my purpose, making meaning in my life throughout my whole life.

Many elderly people do amazing things, unlimited by their age

like running 5K's (marathons even!), power lifting, dancing, doing ministry, running a business...why not me?

I LOVE the idea of being the person who **smashes** that myth that equates aging with weakness, dependence, frailty!

I love thinking of myself as a strong, active, lively person as I age.

I am open to that reality, I am open to letting that be my way.

I like feeling good, feeling uplifted about it.

I am open to being strong and vital.

I can feel myself getting stronger each time I do the things that help me attain and maintain that strength.

I am strong, I get around easily, this thriving is mine for the taking.

Interesting, invigorating, rewarding experiences are waiting for me to enjoy with this strong body, mind and spirit.

I look forward to really knowing it, feeling it "I am strong, I can do all sorts of things I enjoy.

Strength has little to do with age.

What a powerful way of thinking and living.

Thinking that way can help me start living that way *right.now*.

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