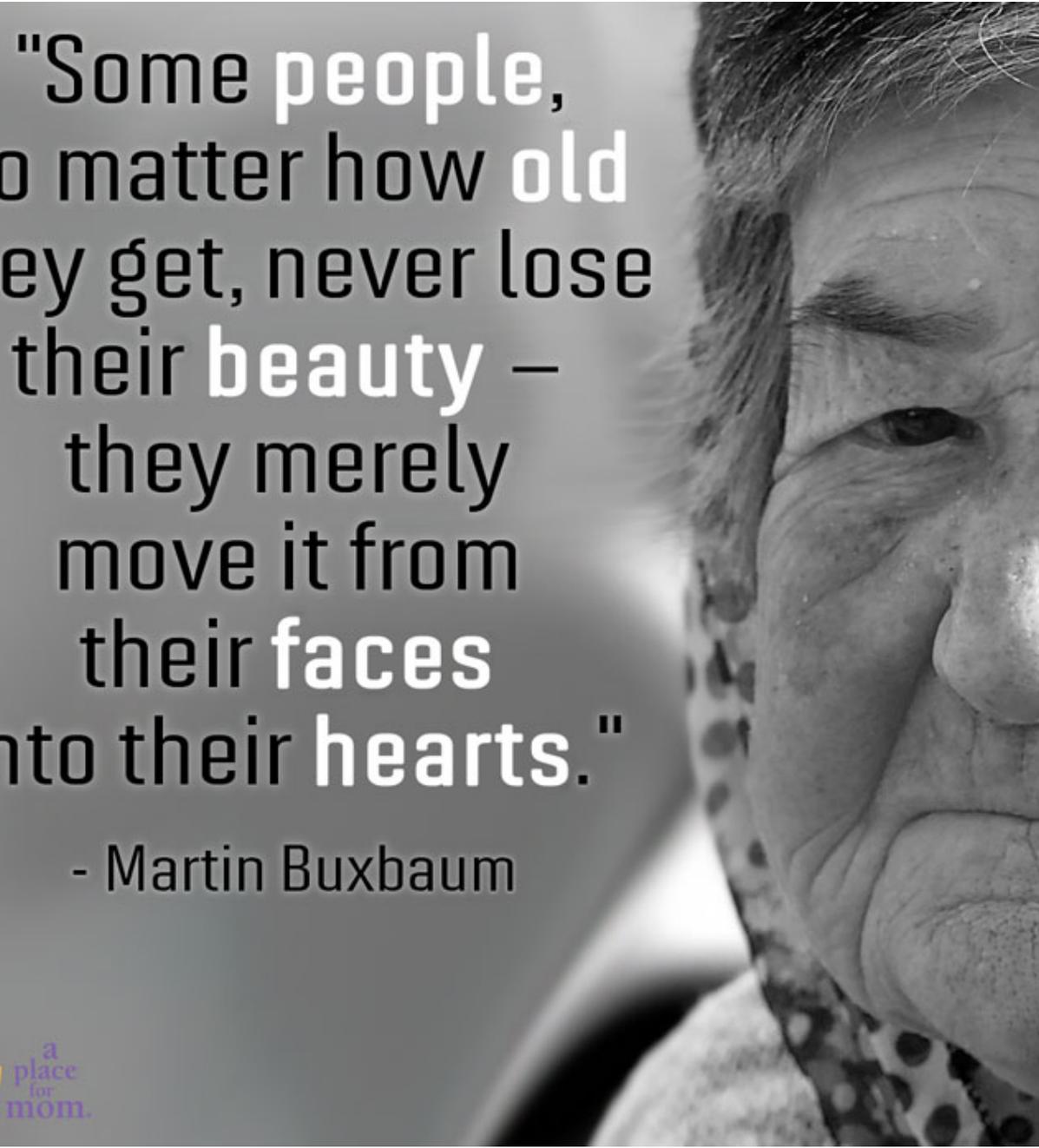


Week 36: How Do You See Yourself?



"Some people,
no matter how old
they get, never lose
their beauty –
they merely
move it from
their faces
into their hearts."

- Martin Buxbaum



I've never been one to worry too much about my age. I think it's because I have always FELT younger than I am. Seriously...I feel just like I did in high school...minus my body aches, of course!

There have been a few times in my life, though when I reached a certain number and I panicked just a little...30 was a hard

one for me (*really??!! what I wouldn't give to be 30!*) And 50...I was so depressed that day I didn't even get out of my pajama's until 3 in the afternoon!

Now that I am 52 all I keep thinking is...only 8 more years and I am SIXTY!!!! Oh my GOSH!!!



How Do You See Yourself?

There are somedays I look in the mirror and all I see are my wrinkles, extra fat around my chin and age spots. On those days I get depressed thinking everyone I meet will see them, too. My worse fear is someone seeing me as an overweight, frumpy looking, middle-age woman!

But in reality I am so much MORE than what I see...YOU are, too!! Wrinkles and age spots are inevitable. But an excitement for living, a spring in our step, a passion in our Heart...those things not only light us up INSIDE but SHOW on the outside! I have met women 10, 20 years older than me that RADIATE BEAUTY. And after talking with them it's obvious it's because they are doing what they LOVE. They are taking care of themselves, loving themselves and ACCEPTING themselves.

THAT IS EXACTY WHERE I WANT TO BE



Age is no barrier.
It's a limitation you
put on your
mind..... Jackie Joyner-Kersey

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Our Assignment

Our assignment this week comes from a magnificent book on aging..."Younger by the Day" by Victoria Moran. Here is a snippet...

"In order to remember how wonderful she is, a woman needs 50 Fabulous Adjectives to describe herself. These adjectives should describe you best AND describe the best of you. They can be about how you look, but more importantly how you FEEL."

Moran goes on to say that if you have trouble coming up with 50 words think about all the roles you play...wife, girlfriend, mother, sister, daughter, caregiver, student, seeker, artist, etc. She also says feel free to ask your loved ones to give you a word that they think best describes you.

Our goal with this exercise to start SEEING our Hearts instead of your looks. We can get so caught up in our size, our

wrinkles, our hairstyles that we forget who it is WE REALLY ARE.

Feel free to create a journal page listing all 50 adjectives or just pick out a few that you love. For even more fun you could create 50 index or playing cards with ONE WORD on each card so you have a complete deck of 50 Fabulous Adjectives to inspire you whenever you need a boost!

Affirmation: I am more than my Age. I am a Beautiful, Strong, Creative Woman that LIVES Life with Energy and Grace.

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