

Week 40: What is Speaking to YOU?

"I look forward to being older, when what you look like becomes less and less an issue and what you *are* is the point."

— Susan Sarandon



This week in our "I Say Yes" journey I invite you to do what is speaking to you when it comes to aging. Is there a topic that bothers you more than another on the subject? Maybe you worry about aging parents, your grown-up children or your grey hair. Whatever it is journal about it!

[Feel free to share in our Facebook group.](#)