



## **YOUTHFULNESS IS BLIND TO AGE - BECOME EVEN MORE YOUTHFUL**

### **\*Accept yourself and do what you love–shine even more brilliantly**

By accepting yourself as you are and being who you want to be, you free yourself and emit your unique spark. A spark that ignites your youthfulness and is irresistibly attractive to others. Are you accepting yourself fully or is there a part of you holding you back?

### **\*Give your aging attitudes a makeover – surprise yourself**

There is more to aging than wrinkles and our physical appearance. Aging is also about inner beauty and wisdom, qualities that the media seldom mention. What are your attitudes toward aging? In your quest for youthfulness how could they be even more supportive?

### **\*Resolve old conflicts–release energy and renew your zest for life**

Pushing unresolved conflicts under the carpet does not stop them from sapping your energy. Have you grudges that are poisoning your soul, or isolating you? What do you have to do to resolve these old conflicts and bring love and vibrancy back to your heart?

### **\*Be of service to others – receive gifts galore**

By connecting with others and touching their lives you bring joy to their hearts and, as if by magic, you too receive gifts and rejuvenate your soul. Who do you know that would benefit from your contact? What is stopping you connecting with them?

### **\*Embrace gratitude – fill your cup with joy**

When you journey through each day with the intention of finding gifts you will discover them. And when you stop to wonder and appreciate them your heart is nourished as well. To fully savour the gifts around you and experience the lightness they bring, what would you have to do each day?

### **\*Laugh and be outrageous – magically receive lightness and brightness**

Plugging into the magical ingredients of laughter and playfulness enriches your life and brings it vitality. It also enhances the lives of others. What is stopping you laughing and being outrageous even more often?

### **\*Re-ignite your curiosity – exploration will invigorate you**

When you are curious and seek out the new you continue to grow. You open new doors and re-vitalise yourself with surprises and new opportunities. Stagnation and the depletion of energy are thus avoided. What are you curious about? Are you ready to open new doors?

### **\*Satisfy all your needs – enrich your tapestry of life**

Throughout life productive time and play time is needed. When you take control of your life and ensure that your needs are met and the balance is maintained you thrive and youthfulness gets a look in. How could you enrich your tapestry of life this week?

