

Elyse Tager

AGING
WITH

Attitude

The 5 Keys to
Aging with
Attitude





Start with where you are

Take notice of where you are right this very minute. Don't judge, don't evaluate, don't regret or even congratulate yourself. Be honest and just notice.

We can't move until we know where we are moving from. We can't establish a change if we are always self-editing or worse, criticizing your selves.

Here is what I could easily say:

- I'm an empty nester – both kids are in college and the house feels so empty.
- I am a wife but feel I don't spend enough time with my husband.
- I'm getting older and every body part I have two of, one hurts.
- I have no social life – I never see my friends, or when I do, it's just every now and again.
- I'm so out of shape. I've fallen off the exercise bandwagon and need to get a schedule back in place before I expire from terminal flab.

You are here!



How demotivating! This kind of thinking does not allow me to make changes, find opportunities, or acknowledge the desire for transitions.

"Starting from where you are" might sound like this:

- I'm a mother with two children, both of whom are in college.
- I am a wife.
- I'm a 62 year old woman.
- I work for a large company.
- I am an entrepreneur.
- I have a few good friends whom I see now and again.
- I weigh 125 pounds and exercise about twice a week.

#2

I identify your assumptions about aging and growing older

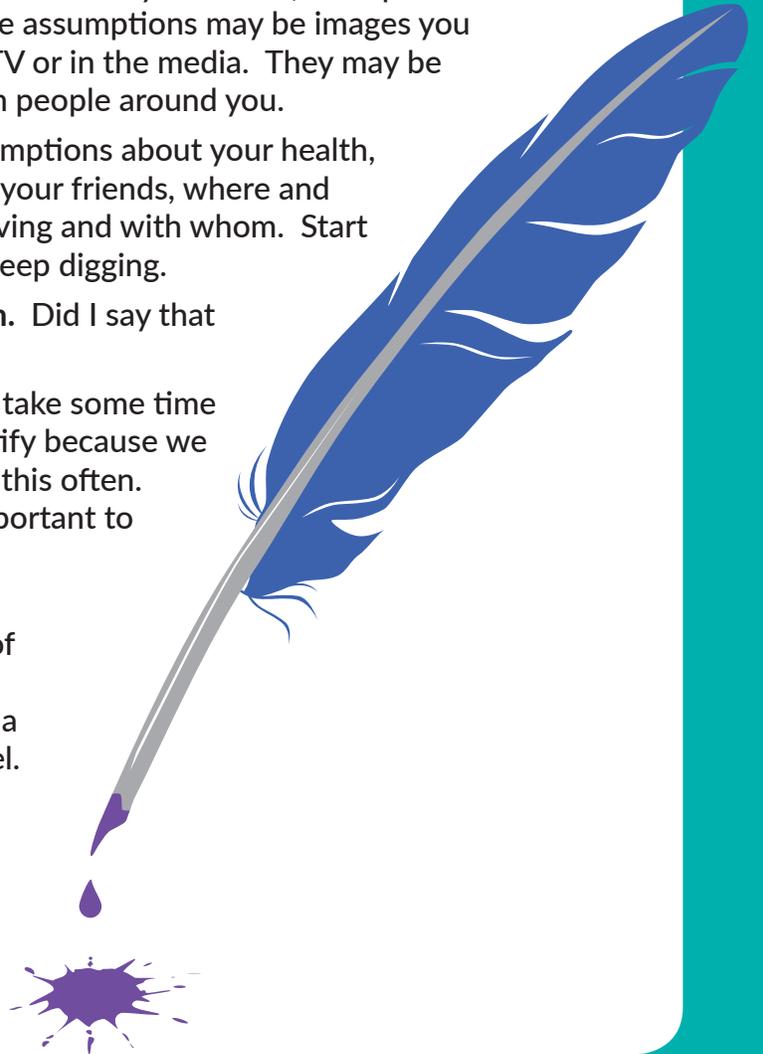
Write down anything that you assume will be true in the years to come. These are things you have learned, consciously or unconsciously as a child, from parents or relatives. These assumptions may be images you see currently on TV or in the media. They may be observations from people around you.

They may be assumptions about your health, your appearance, your friends, where and how you will be living and with whom. Start somewhere and keep digging.

And write it down. Did I say that already?

Much of this may take some time and work to identify because we don't think about this often. That's why it's important to write it down.

This is actually another method of "starting where you are" - but on a subconscious level.



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#3

*Replace assumptions
with new visions*

Find images, articles, blog posts or bloggers, music, art, or anything that suggests what you would like your life to look like in the future. You may want to use Pinterest to create a board or boards, or a put a corkboard on your wall and start pinning things to it, or even start a file folder to collect pages from magazines. The process of looking for and finding images that inspire you about how YOUR life can look is incredibly helpful. Looking at and reviewing those images on a daily basis is extremely reinforcing. Both are powerful!

Here is an example of my Pinterest Board that has helped me define my new vision

In fact, I invite you to get started on Pinterest and follow my board!

Stylists of a Certain Age

Elyse Tager

83
Pins

156
Followers

Follow board



<https://www.pinterest.com/etager/stylists-of-a-certain-age/>

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#4

Watch your language

We all have phrases that we use without thinking. They may be clichés, sayings, or platitudes that we insert into the conversation or even our own thoughts almost automatically. Start to listen carefully for those words and phrases that are not reinforcing that new image you have created. Here is an example of a few phrases that I was using:

Senior moments
Your old Mom
Can't teach an old dog new tricks
I used to be able to xxxxxx
God I look awful!

Start noticing these in your everyday speech and find substitutions that work FOR you, not against you. This may sound silly, but what you are doing is laying down new neural pathways in your brain which become stronger the more they are used. So your new language will reinforce the new vision you have been creating.

Here is how I chose to rephrase:

<i>I'm having a Senior Moments</i>	<i>I've forgotten xxx, but I'll remember in a minute</i>
<i>Your old Mom</i>	<i>Me or Your mother</i>
<i>Can't teach an old dog new tricks</i>	<i>I'm great about learning new things</i>
<i>I used to be able to do aerobics</i>	<i>I've changed the exercise I choose to do</i>
<i>God I look awful!</i>	<i>I look fine</i>

#5

Find Your Tribe(s) & don't isolate

Researchers have found that older people with fewer human contacts are more likely to die—even if they're happy in their solitude—than are people with richer social lives. Neuroscientists have been studying social isolation for years. One frightening finding is that feelings of loneliness are linked to poor cognitive performance and quicker cognitive decline. We evolved to be a social species, it's hard-wired into our brains, and when we don't meet that need, it can have physical and neurological effects.

Re-evaluate your connected-ness. Your life is changing and perhaps old friends, groups, or clubs no longer serve you. Many of us have outgrown old friends, or just “drifted apart”. Or not – perhaps your older connections still feel right. Commit to reengaging with groups or clubs that still resonate with you. Find new friends or start new groups focused on current interests.

Our tech-focused lives have made this even more of a concern. It's so easy to connect with people online, instead of in person.

But Facebook cannot be a substitute for true face to face interaction.

The important thing is to find, create, or renew engagement with people you like. Invest time, meet regularly, put dates on your calendar and make this a critical part of your life, because it is!



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About Elyse Tager and Aging with Attitude

A long-time marketer and passionate entrepreneur, Elyse has helped hundreds of small businesses, associations, and nonprofits develop and implement effective social media and email marketing strategies to grow their business or organization. Elyse is a popular motivational speaker, and educator known for providing her audiences with the practical tools, techniques and strategies they need to grow their business or improve their lives. She is herself a “woman of a certain age” and is bringing her excitement and energy to help other woman create their own next chapters filled with vitality and fulfillment.

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