



10 Steps

***TO BETTER HEALTH
AND MORE
HAPPINESS AT ANY
AGE***



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10 Steps to Better Health and More Happiness, at any age

By Annelie Holmene Pelaez

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“It’s never too late - never too late to start over, never too late to be happy.”

- Jane Fonda

Introduction.

Many older adults are healthy and happy, but many more are not. If you are one of them, you are not alone. With more than 700 million adults over age 65, worldwide, as of 2019, most of us can use better health and more happiness. Centers for Disease Control and prevention (CDC) reports that in the US population, age 65 and over,

85.6% have at least one chronic health condition, and 56% have two or more. Evidence based data also show that health and quality of life are strongly correlated. **Having the stamina and vigor to live life on our own terms, and fulfilling our purpose, is the main objective for attaining health and happiness.**

The big question we must ask ourselves is this,” Why do health and happiness elude us when we truly want it?” I believe both states mean different things to different people, hence difficult to define. What is your definition of health? What will bring you more happiness? Becoming clear on this definition and commit to the pursuit, is your innate purpose.

Imagine yourself feeling completely at ease, as you go about your daily business with confidence and resolve. That is my aim. At the end of this E-book, my aim is for you to be able to define your personal space for health and happiness. Knowing how you can spend the rest of your life, living with health and happiness as your default program, is something only you can decide. If you have tried in the past, but haven't been able to figure it out, don't give up. New beginnings start with new learning and a new mindset.

“Your mind will answer most questions if you learn to relax and Wait for the answer”.

- William S. Burroughs

At age 72, I am fortunate to have both. But like most, I have had my share of health and happiness related challenges. Between family history and working in a hospital setting, I was scared straight. How I achieved solid metabolic health, live with purpose, and experience profound happiness, is something I learned the hard way.

But I also realized that physical health is not only about the body. Watching patients being admitted and readmitted with conditions caused from lack of compliance with medications and medical regime, blew me away. Smoking does not help a person with heart

and respiratory problems, eating simple carbohydrates and fail to exercise do not help the diabetic, and omitting to take prescribed hypertensive meds from fear of side effects, do not lower anyone's blood pressure. I became curious as to why we do and behave in ways that inflict self-harm. This experience brought me into study the history and practice of mindfulness and meditation. The body and the mind are inseparable. After a couple of years, I became certified in this beautiful practice from the Yoga tradition.

I will pass this knowledge onto you, and I am over the moon delighted to share the process. Based on my Norwegian upbringing, experience as a critical nurse, meditation practice, and a relentless desire to help my contemporaries, I have developed a wonderful program called Purpose Driven Health. The Purpose Driven Health program is mindfully created to help adults over age 65 to become strong, healthy, and happy. It can help you become that which you know you are capable of being, regardless of your age. This e-book is an indication and a taste of the Purpose Driven Health program content that I am working on. It will be offered as a 10 week long course in 2023.

We, as people, are more than the sum of our parts. We are made up of a body, a mind, and a spirit. When you decide to make the change needed to go for something that you want, the Purpose Driven Health program can help you. As we learn from our own experiences, we can also learn from other people's experiences. This is how we fail, study, learn, and evolve. Regardless of your present state, you can attain better health and more happiness. Here are 10 guideposts to help you move north.



1. Accept that your current age is your asset, not a hinder.

“Aging is not lost youth, but a new stage of opportunity and strength”.

- Betty Friedan

Having lived for 65+ years, you have acquired experiences, wisdom, and insights simply from collecting years on earth. That is a minimum of 23,725 days, 569,400 hours. Because you are an individual, unlike any other, your uniqueness cannot be replicated. The experiences you have gathered along the way have shaped you into the person you are today.

Growing up in Norway, between the fjords and the mountains, life was easy and carefree. Autonomy and independence, responsibility,

and resilience, are characteristics common to most Norwegians. Traits of self-reliance and strength were developed from spending time in the great outdoors, regardless of weather conditions, free from parental helicoptering. Those traits formed my personality and gave me lifesaving tools for the journey that I embarked on. But the impact of losing my father to a sudden heart attack when I was 14 years old, and watching my mother suffer from the residual effects of a debilitating stroke, also shaped me. They were both victims of cardiovascular diseases (CVD), the leading cause of death in the world, according to the World Health Organization (WHO). The tsunami effect of those experiences navigated me towards becoming a nurse and help others by promoting cardiovascular health. My innate attributes and abilities, writing and helping others, propelled me towards the person that I am today.

Your own trials and tribulations, as well as your experiences and abilities, make you into an extraordinary human being. Accept that. Own the knowing that you are here for a reason. Like me, you have wisdom and insights to an idea that is uniquely yours. This idea, based on your history, is something that can inject meaning into your life. Become clear on what you want. Set a goal, develop a plan, and implement those plans in the direction of your dream. This moves your life into a purposeful trajectory.

Your goal is different from mine because I am different from you. That is the beauty of life. Take the time to journal about your goal. Bring it from your head and into the world by writing about it. Do you want to become healthy, write a book, become a meditation teacher, make a CD, start a business, go back to school, complete a Triathlon, develop better relationships, or find a way to help the underprivileged? Imagine it, feel it, live it, and note why achieving this goal is important to you. **Confirm that your current age is just right, and that your time is now.** As we get older, the deadline is closer. We don't want to get there with regrets.



2. Know that you can succeed.

***“You have brains in your head. You have feet in your shoes,
You can steer yourself in any direction you choose”.***

- Dr. Seuss

The greatest benefit to having been around for 65+ years, is that we have had time to get to know ourselves. We know what makes us tick. We are aware of our weaknesses, and we are aware of our strengths. We know what behaviors drive us south, into despair, and we know what behaviors move us north, towards the light. But because we are human, we often forget. And, because we are human, we are always in flux. We change.

I know how to keep a healthy blood flow in my arteries. I know that high blood pressure, high blood sugars, high cholesterol, and smoking are risk factors that can lead to a heart attack and a stroke. But that does not mean that I always did and do the right thing. I smoked when I knew the harm of smoking, and I overindulged on chocolate when I knew it made my red blood cells sugarcoated and

hard. I also know that consuming more than one glass of wine, can drive me into the pantry, where the potato chips live.

Make no mistake; there is room for wine and potato chips and your favorite delicious treats in a healthy and happy life. Rare and moderate are the frames that make them treats instead of risk factors.

These are modifiable risk factors that can damage the intima, the lining of my blood vessels. I was pushing cardiovascular risk factors, knowing the consequences. Non modifiable cardiovascular risk factors like age, race, and family history, we have to live with. But modifiable risk factors are behaviors that we can change. I own those weaknesses. What are yours? More often than not, while our strengths propel us forward, our weaknesses are notorious for holding us back.

In order to succeed on the road to health and happiness, we must do frequent self-assessments. Evaluate your past successes? What goal did you accomplish with grit and effort? What activity, working on that goal, made you proud? How did you do it? What steps did you take? More importantly, what vice did you put on hold in order to accomplish that goal? What motivated you?

“Motivation is what gets you started.

Habit is what keeps you going.

- Jim Rohn

Motivation is a topic that is relevant to all activities of daily living. We are either motivated to avoid something, or we are motivated to achieve something. I am motivated to avoid cardiovascular disease and prevent the misery associated with this condition. But I am also motivated towards my personal mission of helping others. This, and two cups of coffee, motivate me to get out of bed at 5 am in the morning.

Kennon Sheldon, author of *Freely Determined*, and professor of Psychology at the University of Missouri, writes something that we all

know. **What I have found is that setting new goals, - and then achieving them - is one of the best paths to happiness and well-being**". Dr Sheldon posed this question related to positive psychology and motivation, "What can we do to be optimally happy and productive?" Your answer can change the trajectory of your life. Know it, feel it, believe it, and write it down. Then say, **My age is just right, and I have what it takes to reach my goal and become successful**".



3. Purpose Driven Health Overview, the fuel to a Healthy and Happy life.

***“Begin to be now what
you will be hereafter”***

- William James

Knowing and doing is not the same thing. Having intellection, information, and knowledge do not guarantee a positive outcome. Why? Again, because we are human. We all experience challenges of different sorts. At times, we are successful beyond measure. Other times, we screw ourselves so badly that we cannot even comprehend our own stupidity. Why?

No one is excused from making mistakes. This is what life is for, sorting ourselves out. Figure out what we want, why, how to go about it, and develop a plan. We do it automatically and ongoing, ironing out the wrinkles in the process. But, if we haven't figured it out by age 65+, we are running out of time. According to [Worlddata.info](https://www.worlddata.info), life expectancy in the US, as of 2020 was 74.5 for men and 80.2 for women. Norway ranks higher at 81.6 for men and 84.9 for women. Keep in mind, these numbers are affected by the losses from Covid-19. As I crossed the ripe, beautiful age of 70, I thought that I better step on it. Starting a business to promote cardiovascular health and personal growth, has been on my dream agenda for a long time. With urgency in mind, I started a website and called it Northbound Spry. The writings and programs that I produce, are done as a way to help **us** realize our dreams **before it is too late**.

We do that by raising our awareness about who we are, how we operate, how we can navigate the direction of our life, and why it all matters. By placing awareness on what truly matters, we eliminate distractions, and focus on who we want to become, and how to get there. **Become conscious of the fact that you are whole, complete, and that you are here for a reason.**

As human being we are composed of a body, a mind, and a spirit. Each part work together to create the whole. This is the concept behind Purpose Driven Health.



4. The body is the operating system. It is the house in which we live. More than thirty trillion cells make up our body. Each cell is a living entity that needs water, oxygen, nutrients, and good intentions. We measure the health of the body by how we feel, and by doing therapeutic tests. Understanding the outcome of those tests, also called biomarkers, is essential to our health and well-being. When we learn the significance of the numbers, and how our lifestyle influences the results, we can change them. By nurturing our cells, we produce energy, and develop the stamina needed to attain our dreams.

**“What is called genius,
is the abundance of life and health”**

- Henry David Thoreau

In his book, *The Biology of Belief*, Bruce H. Lipton, Ph.D., writes that when something is wrong with the cell, we must first look to the environment for the cause, not to the cell itself. He also writes that our beliefs, positive or negative, not only affect our health, but every aspect of our life as well. Good intentions create a ripple effect that promotes health and well-being in our body, mind, and spirit. A thought can generate energy that moves from the mind to the cell, to the atom, to the subatomic world of quantum physics. Our body allows us to operate in the world; act, live, love, and experience the wonders of life that we all deserve. Learning how to care for the body and make it strong, is critical to a healthy and happy life. But, like all successful operating system, continuous upgrade to better quality is

essential to growth and well-being, especially for the 65+ age group. If you don't know how, I can help you. **Feel gratitude for how the body assists in all activities of daily living, and bring awareness to how you can maintain and upgrade the operating system.**



5. The Environment surrounds our existence. For the cell, it is about having a therapeutic environment in the body. Our thinking, feelings, and emotions do affect the cells. But nurturing also comes from exercise and ingesting clean water and quality food. By ramping up the physical activity of the body, we produce energy and provide oxygen to the cells. Quality food is essential, but it is not on the average menu these days. Obesity, diabetes, hypercholesterolemia, and hypertension are, more often than not, due to faulty eating habits.

Data collection from the American Heart Association show that obesity is on the rise among Americans. Statistics from the same report, with data collected between 2015-2018, also show that an estimated 28.2 million adults were diagnosed with diabetes, 93.9 million had cholesterol levels 200mg/dl or higher, and 121.5 million adults had high blood pressure. Having these conditions are not the

end of the world, but they must be controlled with medications and/or a healthy lifestyle. If not, they become risk factors for cardiovascular disease and can lead the way to a heart attack or a stroke.

“Let food be thy medicine and medicine be thy food”

- Hippocrates

Lucky for us, there is a delicious eating plan that can help us to correct the environment in our body. It is called the Dietary Approach to Stop Hypertension (DASH) eating plan. This is the diet that has fueled my body for the past 15-20 years, with occasional slips, of course. DASH is composed of whole foods, foods in their original form. I was used to eat this way growing up in Norway, and never quite got into factory engendered food stuff. Processed food is loaded with sodium, sugar, high fructose corn syrup, and junk fats. This makes us sick. DASH focuses on providing the cells with a balanced amount of electrolytes like potassium, magnesium, and calcium. Fish, lean meats, low fat dairy, whole grains, fruit, vegetables, and good fats, are the main components of the DASH diet. Not only does it aid in lowering blood pressure, **BUT DASH ALSO** reduces blood sugar, body weight, and cholesterol levels in the process. Look it up, see how it can help you to nurture the environment of your cells. They will thank you. The body also senses health and happiness. It will reward you with the energy and vitality that you need in order to fuel a productive lifestyle. **Decide on three ways you can improve the environment of your cells today and enjoy the vitality you feel. Remember, cause and effect is one of the Universal laws.**



6. The mind is the control station. Like a treasure chest, the mind holds the key to a healthy and happy life. Switching thoughts, from a negative to a positive direction, can change the unfolding of your life. And the beautiful thing is that we are in charge of our own thought process. Do you know that organized and productive thoughts also help us to maintain cognitive health? Conscious learning, changing habits, and improved thought patterns produce neuroplasticity. Neuroplasticity is forming new synapses and connections in the brain. Nontangible thoughts can create tangible changes in the brain. You may have heard that thoughts are things. **Manifestations of bringing something that we want into reality, is produced by focused thinking and consistent planned action.** This is called success, and this is a way to make our dreams come true.

***“Most folks are as happy
As they make up their minds
to be”***

- Abraham Lincoln

The mind is an unlimited source of possibilities. Our thoughts reside here. More than fifty thousand thoughts roam our mind daily. Most of those thoughts are repeated from the day before. Many are negative. Our thoughts navigate the direction of our life. If we want to change the direction of our life, we must first change our thoughts. Focused

awareness meditation is a practice where we learn that we are not our thoughts, we are the observer of our thoughts. **Watch your thoughts, focus, and direct them in a positive direction towards growth and happiness.**



7. Meditation is about moving inward. Going into the silence is the start of establishing a meditation practice. Going into the silence, by finding a comfortable position, establish diaphragmatic breathing, relax, and focus on the breath is a good beginning. This is a way for us to detangle our messy and busy minds. The practice of meditation is the most valuable tool to health and happiness. A consistent daily routine of only a few minutes can improve your cardiovascular health by lowering your heart rate, your respiration, and your blood pressure. Stress is reduced. By leaving a cortisol induced sympathetic nervous system, and moving into a parasympathetic mode, we give the muscles a chance to relax.

***“The only way that we
can truly know who we are
is acquired through experience.
Meditation is the experience”***

- Susan Taylor

Learning to focus allows room for new thoughts, creativity, and solutions. This is where miracles can happen. Through meditation, the mind becomes clear, and we learn to focus on what matters. By focusing and being aware of what matters to us, we navigate the path to health and happiness. That is the power of meditation.

- Sit straight in a comfortable position, be still.

- Establish deep, smooth, and even diaphragmatic breathing.
- Relax your body, from head to toe.
- Bring awareness to the flow of the breath.
- Rest in the breath.

Our thoughts evoke emotions, and emotions influence our behaviors. If we don't like our behaviors and where they lead us, we can change our behaviors by changing our thoughts. The mind is our control station, in the perfect sense of the word. I can teach you how to create your own meditation practice. Meditation helps us become whole, in body, mind, and spirit. **Bring awareness to the moment, rest in your breath, be the breath, and let all thoughts float away like little white clothes.**



8. The spirit is the essence of who you are. Your essence contains everything you need to figure out your purpose. Worrying about not knowing what your purpose is, equals worrying about where your next meal is coming from, while sitting next to a loaf of bread.

***“Go confidently in the direction
Of your dreams. Live the life
You have imagined.”***

- Henry David Thoreau

The uniqueness of your attributes and your abilities contribute to your essence. This sets you apart from the 8 billion people that we share the earth with. You cannot be replaced by anyone, ever. In your essence lies the secret to whom you were meant to be, and that which you can contribute to enrich your own life. Doing that, you may enrich the life of others. Realize the wonder of who you are, and the value of your existence, and treat yourself with the care and the love that you deserve. Take the time to contemplate and journal about your needs, your wants, and your abilities.

Imagine that we are all put on this earth to help each other. Imagine that you are born with the attributes needed to serve your mission, your purpose. Doing that one thing, wake up every morning, eager to start the day and serve your fellow earthlings is your reason for living. Helping each other to solve various problems, celebrate our differences. It has been said, more than once, that when we help others to get what they want, we get what we want in return. Imagine this to be true. We are all here to serve each other, in one way or another. Take a moment, imagine. What a wonderful world it would be.

The tasks that you enjoy doing and make you come alive give life meaning. Intrinsic meaning is based on something that you love to do, an attribute. For me, that attribute is writing, for my granddaughter, it is art, for my friend it is photography, and for another friend it is teaching technology. You are inclined to do something that is uniquely yours, and you are compelled to do it. Who placed that inclination in you? Is our purpose embedded in the spirit? No one can tell you this. We have to figure it out. At times we do know, but we are too tired or too busy to take note and act. The day you decide on that **one thing** that will make your life more meaningful, you will discover peace and contentment beyond measure.

***“What is now proved was once
only imagined”.***

- William Blake

When you understand that your operating system, your control system, and your essence, make you an advocate for change and creation, you can do anything. Here lies the secret to your purpose, your success, your health, and your happiness. At the end of the day, everything is about energy and how we emit that energy. Conscious intentions shape our reality. That means that we have the power to decide how we want to show up in the world. When you decide to move north by making yourself better, you allow and inspire others to follow suit. By showing up, sharing improvements, attributes, and abilities, you don't just make yourself better, you make the world better. **Appreciate all that you are, all that you have been, and all that you can become by setting conscious intentions for your future self.**

***“Happiness resides not in
possessions, and not in gold,
happiness dwells in the soul”.***

- Democritus



9. Financial Health is a new concept for me. I did not place much attention to money matters. Because I felt that I had everything I needed, even when money was scarce, I did not think much of it. But reality is quite different for a high percentage of our elderly population. If you think that money has nothing to do with health and happiness, think again. More often than not, financial health has a huge impact on the quality of daily living. For some, collecting money is a hobby, a way of life. The more money they have, the happier they are. But this notion can only serve as a temporary accolade. Like everything else, money has energy. It is what we do with it that matters. Depending on your intentions, money has the potential to create better health, more happiness, and profound meaning.

Living in poverty is one of the major factors associated with poor health. If we don't have access to health care, every aspect of life is affected. Having enough resources to obtain quality health care, afford dancing lessons when you love to dance, and contribute to your special charity is a privilege not given everyone. Having sound finances allows for better education. Studies show that cardiovascular disease and education are correlated. The social detriments of health and education affect morbidity and mortality among those less privileged.

A number of older adults decide to go back to school and complete a degree that was held back due to responsibilities of caring for children or aging parents. Colleges and universities often carry high tuition that may be difficult for our age group to comply with. Norway offers tuition free education at public universities. The population is also blessed with social medicine and elder care. This is a huge advantage when adults over age 65 live with limited or fixed income. Not only does Norway rank high on the list of one of the happiest countries in the world to live, a recent study show that it is also a good place to grow old. On a global retirement index, Norway rated highest on being the best country for retirees to live.

“People first, then money, then things”

Suze Orman

Having enough income to finance a comfortable lifestyle is what everyone deserves, at any age. Studies do show that money in itself does not contribute to happiness, but it provides security, diminish stress, and provides peace of mind. These are essential contributions to comfort and well-being.

Current socio-economic development show that the gap between the haves and the have nots, is widening. If you are among those whose income is less than outcome, you can do something about it. You can spend less, or you can earn more.

***“Good health and good sense
are two of life's greatest blessings”.***

- Publilius Syrus

Again, taking time to journal and assess your monthly spendings, is the first step. When we are honest with ourselves and the relationship we have with money, financial health becomes possible. I am no expert in this area, but I know what works. First, stop the leak. Initiate a plan to pay off debt, put a set amount of your income aside for a rainy day, and live with less. Then according to the expert, Suze Orman, follow her 9 steps to Financial Freedom. Like everything else, changing direction is about changing your mindset. You can do it.

Plan B may be another choice. Having been around for 65+ years puts you in a special class. If you can packet and sell your experiences, your knowledge, and your wisdom, you have the potential to earn a good income. If you have an idea to a product or a service that can help your fellow human beings, you are sitting on a goldmine.

***“It is health that is real wealth
and not pieces of gold and silver”.***

- Mahatma Gandhi

More often than not, as we get older, we learn that a simple life is the good life. Having what we need, living in comfort, has much to do with our mindset. Gratitude and generosity can often do more for our health and happiness than money ever could. **Feel gratitude for everything you have and remember that abundance is a mindset, and you can experience the joy of ENOUGH by flipping your thoughts from scarcity to abundance.**



10. Your Legacy, what do you want to be remembered for?

Write a book, plant a tree, or have a child. Leave a cookbook, a photo album, a painting, or a poem for a loved one. In the wake of our life, something must be left. We want to be remembered as a positive force that did something to make the world a little bit better. Adopt a child, love the unlovable, and visit a lonely person in the hospital. Save a stray animal and bring a Christmas basket to a poor household. Just make a difference. Let the world be a better place, simply because you lived.

***“We build our legacy piece by piece, and maybe
the whole world will remember you or maybe
just a couple of people, but you do what you can to make sure
you’re still around after
you are gone”.***

- David Lowery

Managing to live past 65, one lesson is certainly attained. We have learned that life can be messy, hard, and full of woes. Yet, we have experienced exuberance and know the pleasure of feeling pure joy. The sun rises and sets regardless of what we do. But between each sunrise and each sunset, lost opportunities can be found. What you could not do earlier in life, due to obligations and challenges, you can do now.

Thinking that we are too old to reinvent ourselves, or bringing our ideas into the world, serve no one. In fact, that kind of thinking is sure to bring misery and regret. **Hoarded knowledge helps one-person, shared knowledge helps many.** Using health and happiness as a yard stick, we can increase the energy level, inspiring ourselves and help others to be, do, and have more.

What is your motivation for working towards a set goal? What will you get out of it? Why is it important to you? I went through all the whys. Examining my motivational whys, the end product was wanting to stay alive, and living with purpose driven health and contentment. Having autonomy, health, and meaningful relationships with family and friends, top the list. Writing, gardening, and spending times with mother nature are some of the privileges and pleasures that bring me great joy.

My ultimate goal is to watch my precious grandchildren grow into adulthood. I want to experience the wonder of their growth and development. To be fully present and guide them in the role of a loving grandmother is my deep desire. I want to be the grandmother that my own children never had. When my youngest grandchild, a little girl, turns 50, my age will be 113. I want to live to be 113 years old. Keeping my body and mind and spirit in a great condition, while optimizing my operating system, control station, and my essence, is the best I can do in attempting to reach that goal.

I also want to be successful at sharing my knowledge and services. Since I was very young, I knew that I enjoyed helping people. But starting a business at age 72 is risky. This outcome has no

guarantee of success. Yet, knowing that I am trying to fulfill a dream of helping others will give me peace. When the day is done, I rather experience peace over regret. Living in accordance with my authentic self, helping as many as I can, as much as I can, and for as long as I can, is my purpose. This is my definition for health and happiness. This is what I wish for you. And this is my legacy.

Remember, you are divine, just the way you are. You live and learn, from birth to death. Fall, get up, dust yourself off, try again, and never stop learning and growing. Be healthy, be happy, and be aware that the road is being made as we walk. Enjoy the steps along the way and know that we are in this all together.

“Don’t die with the music still in you”.

- Dr. Wayne Dyer

The 10 guideposts outlined here, are written to help you construct your own legacy. What did you learn from reading this eBook? Did it increase your knowledge base and provide you with new tools to live the life of your dreams? Mostly, I hope it simplified a clear and purpose driven path to better health, more happiness, and a legacy that is uniquely yours.

Please, leave a comment about how this information helped you, what you learned, and how I can help you in the future. You can reach me at Annelie@northboundspyr.com



Annelie Holmene Pelaez

Delighted to Help

Annelie was born and grew up in Norway but worked in New York as a critical care nurse for more than twenty-five years. Her mission is to help adults over age 65 to attain better health and more happiness. She is a coach, and a strong advocate for promoting cardiovascular health and meditation. Her main message is that it is never too late to reinvent ourselves, never too late to be healthy and happy, and it is never too late to realize our dreams.

What is a northbound spry? A northbound spry is a person over age 65 who wants to become better at who they are, while celebrating their history, their wisdom, and their options for growth in all direction of their lives.

YOUR WORK SHEET,

For the Northbound Spry.

Now is your turn to become clear on who you are, what you want, why you want it, and how to go about getting it. Use your journal. Begin by bringing your ideas from your head, onto the paper, and into the world.

Find a quiet place, where you can spend some time alone. This is not something you do while gardening or doing housework or cleaning the car. This is an act of self-assessment and introspection. It deserves your undivided attention, respect, and sufficient allotted time. This work is important. We don't want to arrive at the deadline with regrets. Be consciously aware of what matters to you. Decide how you want to show up, for yourself, your family/friends, and in the world in which you live.

1. What does health and happiness mean for me?
2. How can I tackle and remove obstacles to health and happiness?
3. What can I do daily to improve health and happiness?
4. What are the three most important goals that I want to achieve?
5. My age is a great asset because I know myself, my strengths, and my weaknesses. Affirm this.
6. I know I can do whatever it takes to help myself because I have been successful in the past. Affirm this.
7. Is my thought process positive or negative? Do my thoughts work for me or against me?
8. How is my relationship with money? Does it need improvements?
9. How can I improve the relationship that I have with myself in order to create a peaceful and non-regret environment?
10. When I am gone, how do I want to be remembered, what is my legacy?

With love and best wishes from Annelie