



MARILYN BROOKS

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Remember ... it IS the "F" word, NOT the "R" word ..
The Ten Commandments of Fulfillment of a New Kind!

- 1 DO keep active ... use your Day Timer but don't think you have to fill it up every day ... take the time to linger.
- 2 Enjoy the company of young people ... think about becoming a Mentor and learn about what they want to do and give them a gentle hand.
- 3 Do a few crazy things you have always wanted to do ... like buy a bright red coat ... go to your hair stylist and ask for a new look ... take all your diamond rings to a Jeweller and create one magnificent cocktail ring ... then wear it to your next Bridge game!
- 4 Think of a wonderful memory and savour it!
- 5 Dream of something you want to do in the future and work towards making it come true.
- 6 Do exercise ... start by putting one foot in front of the other, your heart, soul and body will thank you for it!
- 7 Think about wearing colour ... accessorise ... it is the fun part of dressing.
- 8 Don't forget to take your pills or vitamins, and 5-10 veggies and fruit each day!
- 9 Write it down! Put it on a list! Don't think you can remember everything ... most people can't, why should you be different.
- 10 REMEMBER 90 IS THE NEW 70! So if you are 70 ... you really are perhaps 50.

Celebrate Life!

