

## YOU CAN BE *FAB*' AT 40 *FIT* AT 50 AND *SASSY* AT 60

YES! It's true, we have become ageless, timeless and limitless says life designer and life coach Joan Bell. We are all going to grow older chronologically, nothing can stop that. What we can stop is the way we think about how we age.

I have met people in their twenties who speak and act as if they were decades older and I have also met 80 year olds who have a sharp wit, are fit and healthy and absolutely brimming with life. As well as your attitude and perspective on life it is how you think about yourself that is key to ageing with grace and beauty.

### MY TEN TOP TIPS FOR BEING FABULOUS FOR THE REST OF YOUR LIFE:

- 1) Discover your top three values and live by them (no compromises)
- 2) Get rid of tolerations (things, people, places, whatever you are putting up with, excavate and eradicate!
- 3) Be as kind and thoughtful to yourself as you are to others
- 4) Tell the truth, (to yourself and others, this will free you up to be yourself)
- 5) Eat fresh foods (organic if possible) Take the junk foods out of your life
- 6) Lift yourself to a higher game, raise the bar for yourself; stand tall!
- 7) Say NO more often (to what you don't want in your life)
- 8) Say YES more often to what you do want in your life, be bold!

9) Discover nature, (walks, bike-rides, bush hikes. Actually take the time to observe nature, watch it unfold, watch the seasons, see, smell, taste the ocean, watch a family of birds through the seasons. Lie in the grass and watch the sky. Taste the rain.

10) Take care of your body- it is beautiful as it is. Nurture it, exercise it and cherish it. It is a gift and it is unique. You deserve to look, feel and be the very best version of yourself. Why would you settle for anything less?

There is actually one more tip and without it nothing else works. That is DESIRE. Put some desire back into your life. Discover what you REALLY want, then go get it! If you have the desire, then all you need is the Vision, add a large dose of Action and you will be UNSTOPPABLE! Don't wait for the world to entertain you, or wait for things to just happen (or not). Stop allowing others to tell you what to do, what you want, what makes you happy. YOU decide, reclaim your life, it's NEVER too late!



Joan Bell is the founder of ACTION CENTRAL and is on a mission to help more spirited women take more action more often and share their unique gifts with their family, their community and the world. She believes that women are taking over as thought leaders and we all need to play our part, no matter how small you may think it is , it is important. YOU are important.

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