



to THRIVE IN 2025 I will:

- Invest in my physical, emotional and mental well-being
 - Accept my changing body image
 - Focus on what brings me joy and release negative thoughts
 - Create a daily spiritual practice
 - Spend time with friends and family
 - Share my wisdom and knowledge with younger women
- Learn something new
- Practice gratitude no matter what
- Embrace aging as a gift from God
- Find joy & happiness in the littleness of things every day
- Accept what I cannot change
- Appreciate the lessons life has taught me