

# Over Fifty and Fit



## 1. Joy Is a Worthwhile Pursuit

The world needs **more joy**, not less.

## 2. Health + Resolve = Pure Potential

Ultimately, the only person responsible for your life's daily outcome is: you. When you have **good health** and an initiating attitude, anything is possible – so take care of these first, if you can.

## 3. The Right Environment Enhances Creative Energy

It matters where, and how, you wake up each morning. When your **home supports your wellness** and unique interests, life just seems to flow better.

## 4. Delight in Finding Solutions

Focus on a problem only long enough to identify it, then switch quickly into **solution-mode**.

## 5. Ambivalence Is Often Its Own Answer

If the answer isn't "*Heck, yes!*" then it probably should be "**Hell, no.**"

## 6. Mobility, for the Win

Though the mirror reveals what you look like standing still, mobility reveals how you flow and move. Making your **body more supple** makes your mind more supple, too.

## 7. The Detailed Full-Finish

Even though the final 15% of a project involves its least-sexy tasks, excellence means keeping up the pace until the very end. When in doubt, **use your resourcefulness** and initiative.

## 8. Daily Top-3 Priorities

Being busy is easy; **prioritizing** – on the other hand – is an art and a science.

## 9. Optimization Is Fun and Rewarding

Relentlessly fighting change is ultimately a huge waste of energy; however, **tenacious self-improvement** reaps dividends.

## 10. Service for Its Own Sake

Inherent in every moment is a **choice to give** or take.