



Be Courageous Be Confident Be You

## **My 7 Top Tips On How To Make The Rest Of Your Life The Best Of Your Life**

### **My name is Victoria Rose and I'm 65 years old.**

I never say I'm bored. There are no prescribed medicines in my home. I still fit into clothes I made 20 years ago. And some describe my nature as 'irritatingly positive'. Has my life been easy? Absolutely not! But my over six decades of living has taught me a thing or two. I wish to share some of these things with you. I hope you find them beneficial too.

#### **1. Learn to say NO and mean it (without being mean)**

Be clear with your intention. Excess words create fluff and confusion, so don't use them. Know you're entitled to live your life your way. Stand in that power. Do not backtrack on your word. Speak in a calm, non-defensive tone. Value your time.

#### **2. Pick up the weights**

Yes, I'm talking about weight training. Learn how to exercise with added weights. (It's one of the reasons I still fit into my old clothes.) And walk. Even if the thought of exercise makes you want to vomit, get up and get out! Even if you're the type who likes to sulk, one who really settles into being the martyr, that can't last long if you're out walking. Ten minutes and you'll feel better. Believe me. And get into yoga.

#### **3. Open your front door and smile**

Arrange your home so you cannot help but smile when you walk through your front door. Feel a warm glow as you gaze upon a colourful vase of flowers or a meaningful picture or photo. Hear the tinkling sound of your favourite wind chimes. Appreciate your children's drawings displayed on the fridge. Smell the gentle aroma of essential oils. Home is where the heart is, isn't it? Make yours worth coming home to. Just one little thing will count. No big expense necessary.

#### **4. Eat local**

You have a choice: oranges from USA or oranges from Australia? Asparagus from Peru or asparagus from Australia? Apart from the desire to support our own farmers, choosing food grown locally is nutritionally sound. Food needs to retain vitality. To be good for you, it must be fresh and 'alive'. Travelling unknown kilometres in the back of a truck and on a ship to then travel in the back of another truck depletes that aliveness and goodness. Farmer's markets are brilliant. Support them.

#### **5. Be stubborn**

Stop the stinking thinking. Negative self talk is detrimental to your well-being. Listen to the stories you tell yourself. Notice how bad you feel when you do. Become aware of your habitual inner chatter. Decide to stop. When it starts, think STOP! Refuse to go down the slippery slope to that familiar dark space. Stubbornly look to the good.

#### **6. Drink water**

Years ago, I adopted a useful habit of drinking a glass of water with every cup of coffee. Those were the days I'd drink eight or nine cups of coffee a day. Now, I drink two cups of coffee most days. But thankfully, I still drink eight to nine glasses of water a day. Mostly, I prefer to drink a delicious tasting water delivered in a cask (yes, it is water).

#### **7. Wake up to words that work**

What are the first words you say to yourself when you wake up in the morning? How do you set the tone for the rest of your day? These words remind me how precious each and every day is: "A day like today has never been before and will never be again." Powerful.