

Powerful Habits **My Youthful Aging Manifesto**

A manifesto is an important declaration. Creating your own **Youthful Aging Manifesto** is a first step to looking and feeling 10 years younger, naturally. Congratulations for getting started!

The following steps will help you craft a **Youthful Aging Manifesto** personalized just for you. You decide where to start, then identify what actions and habits create a vibrant and vital life.

It's important to write out your **Youthful Aging Manifesto** and your goals in the accompanying worksheets. Committing words to paper is a powerful and magical habit that begins the manifesting process.

Keep in mind that while you may have an urge to improve many aspects of your life immediately, it's best to start by focusing on one area, two at the most. Begin by doing what you can handle. Be as kind and gentle with yourself as you are with those you love.

After you achieve your initial success, you can apply this process to additional life goals with growing confidence. Repeat this process whenever there are parts of your life that require attention. Always remember the ancient Hawaiian Huna life principle "Energy flows where attention goes."

Getting Started

Remember, while you can have fun dreaming about what you want in every area of your life, work on only one or two Life Categories at a time.

1. Begin by completing your **Youthful Aging Manifesto** (next page). When you sign and date this statement, you make a commitment to yourself. This is a powerful way to boost your motivation.
2. From the **Wheel of Life** (also next page) select one or two life categories that are most important to you right now. Some additional categories for your consideration are included beside the Wheel of Life graphic.
3. What do you dream about doing? Identify up to 10 specific goals within the life area you select. Write each goal down on the appropriate worksheet.
4. For each goal, identify the next steps and the related habits that will support achieving each goal. Write them down on the worksheet
5. Commit to a date as your deadline for achieving that goal. Write it down.
Review your worksheet regularly – weekly is good, daily is better. Read your Manifesto statement aloud, with passion, and keep updating your progress to achieving your goal.

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My Youthful Aging Manifesto

I, (name) _____, age _____

intend to live vibrantly until the age of _____, or older.

Taking into consideration all the important areas of my life, I will focus on my selected life category and achieve the goals I've identified so I continue to feel young, vital and enjoy life to the fullest.

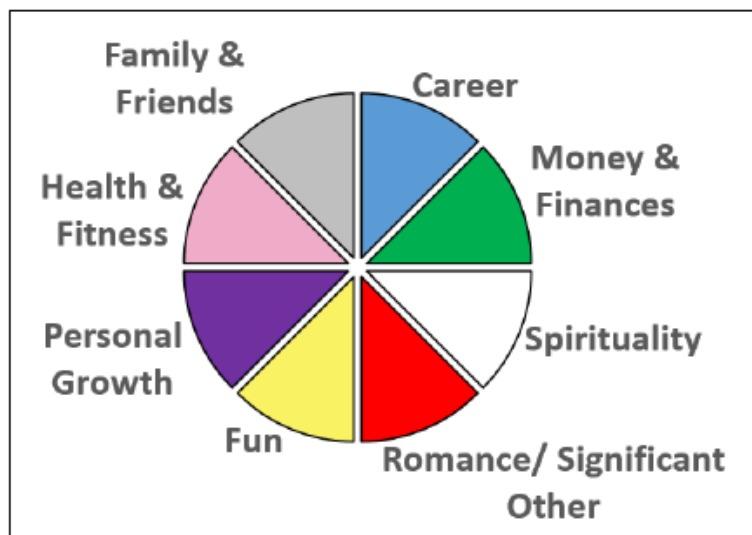
Signed by: _____

Date: _____

Wheel of Life Major Life Categories

Additional Life Categories:

- Relationship with my _____
- Volunteer Work
- Education / Seminars
- Hobbies
- Travel
- Pets
- Other _____



The Life Categories most important to me right now are:

1. _____ 2. _____

(Select no more than two Life Categories to start. After achieving success on your first selection, repeat the Youthful Aging Manifesto process for any other Life Categories.)

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My Life Category Goals Worksheet – Family

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
1.				
2.				
3.				
4.				

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My Life Category Goals Worksheet – Friends

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
1.				
2.				
3.				
4.				

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My Life Category Goals Worksheet – Health

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
5.				
6.				
7.				
8.				

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My Life Category Goals Worksheet – Fitness

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
1.				
2.				
3.				
4.				

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My Life Category Goals Worksheet – Personal Growth

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
1.				
2.				
3.				
4.				

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My Life Category Goals Worksheet – Fun

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
1.				
2.				
3.				
4.				

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My Life Category Goals Worksheet – **Romance**

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
1.				
2.				
3.				
4.				

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My Life Category Goals Worksheet – Spirituality

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
1.				
2.				
3.				
4.				

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My Life Category Goals Worksheet – **Money**

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
1.				
2.				
3.				
4.				

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My Life Category Goals Worksheet – **Finances**

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
1.				
2.				
3.				
4.				

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My Life Category Goals Worksheet – **Career**

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!
1.				
2.				
3.				
4.				

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My Life Category Goals Worksheet

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!

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My Life Category Goals Worksheet

My Goals	Next Steps	Habit(s) To Support Me	Target Date to Achieve My Goal	Done!

