

## **The Top Ten Ways to Age Gracefully in the 21st Century**

By: Elizabeth Moore

10. Be generous with praise and hugs.
9. Smile; your wrinkles won't be noticed.
8. Associate with little ones; they keep us laughing and moving.
7. Be flexible in mind and body.
6. Be open to new ideas; an open mind serves as a sifter: save some, lose some.
5. Keep learning. Read about things and places you would enjoy. Expand your interest in the arts. For instance, ballet teaches in about music and athletics.
4. Listen when others speak; don't listen with your eyes closed, but look at the speaker.
3. Keep your sense of humor; if you don't have one, work on it.
2. Help those around you. There is need everywhere, not just for food, clothing and money, but in many small ways also.
1. The number one way to age gracefully in the 21g century: Exercise your faith. Remember always how special you are as a child of God. That should boost your self worth.

There is nothing new about these ten ways to age gracefully. They were valid in past centuries and will serve us well in centuries to come.