



THE AGELESS WAY

KAREN SANDS »

Reflections
JOURNAL

Companion Workbook to The Ageless Way

THE
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The Ageless Way

Gray Is The New Green



THE
AGELESS
WAY

Reflections

ABOUT THE AGELESS WAY REFLECTIONS

Questions to help you find your distinct path on The Ageless Way.

Each new story or phase of life needs a creative approach to move beyond the past into a creative new hope-filled future story with the new tasks that it encompasses.

I'd like to shine a light to guide you on your quest to *The Ageless Way* by including some suggestions for getting the most out of this book. Consider my suggestions as a guide.

I've included *Reflections* to translate the substance of each chapter of *The Ageless Way* into portable tools for your own illumination. These *Reflections* are intended as jumping-off points for you to dig in to the chapter material as deep as you desire. I have arranged these in the general order as they arise by chapter.

Putting something in writing often solidifies new material in our minds, and allows new "ahas" to arise unimpeded. Consider writing down your answers to the *Reflections* provided at the end of each chapter instead of just scanning or reading them and moving on.

My suggestion is that you familiarize yourself with these reflective questions and exercises by doing them once through in the order they appear. However, once you've read through the book, or a particular chapter, I encourage you to use them in any sequence that suits you.

What works well is to make a copy of the *Reflections* and then spend focused time reflecting and writing down your answers. Commit to returning to these questions regularly to see how your answers change over time.

When you are ready to give your focused time to a chapter's *Reflections*, find a quiet space for reflection at a time when you won't be disturbed. You may want to settle into your favorite comfy chair or another spot that is your special chilling out, meditating, or time-out reflecting place. Relax using any process that has worked for you in the past, perhaps using a series of deep breaths and slowly relaxing and letting go wherever there is tension in your body. You'll know when you are ready to gently come back into the room. Be sure you have a pen and the list of *Reflections* you will be working on close at hand. Give yourself at least fifteen to twenty minutes at each sitting to journal your responses and insights gained. I have found that these *Reflections* will provide invaluable insights if you give yourself the gift of reserved, uninterrupted time to be with yourself.

If you have any questions or you want to share your "ahas" or stories, please send them to me directly at Karen@KarenSands.com, putting "TAW queries" in the subject line.

Thank you for joining me on the quest to *The Ageless Way*. ➤

~ Karen

CHAPTER I ~ *The Ageless Way*

1. What would you do if you had no limits based on age? On gender? On money? On location? Or if you had no limits on your past story and you could direct what is done? ➤



2. Meditate on the word “aging” for a few minutes, and then write down a list of descriptive words you associate with aging.

Now do the same with the word “Ageless” and create a list of the attributes you would use to describe someone as being Ageless or embodying Agelessness.

Compare your list with a list that came out of recent workshops on the facing page.

The descriptors we attach to the concept of aging, many of them stereotypically negative, restrictive, or diminishing, inform the stories we currently tell ourselves and each other about becoming older. Those stories shape our choices, hence the ways in which we live our lives and whether we hold back or are true to ourselves, as we grow older. On the other hand, the attributes we associate with the concept of Agelessness are the foundation for the new story of *The Ageless Way*. Consider taking a few more minutes to select your two top attributes of Agelessness and write three ways each of them currently shows up in your life, personally and/or professionally. Then ponder more ways in which you will make these attributes a priority in your life and work. ➤

“AGING VS. AGELESS” COMPARISON CHART

Compare your list with a list that came out of recent workshops

AGING	AGELESS
End	Beginning
Final stages of life	NEW stages of life
Borrowed time	Decades to go
Running out of clock	Revvng up the engine
Old = decrepit	Old = active
Ugly	New dimensions of beauty
Decline	Thriving in new ways
Disease	Wellness
Sexless	Oh, really?
Retirement/retired	New path, roles, encore careers
Burden on others/dependency	New freedoms and independence
Death and dying	Just another life stage
Wills	Legacy, creative possibilities for
Future	I create NOW
Invisible	Visible
Timidity	Adventurous/risk takers
Gullible	Savvy
Losing it	More with it than ever
Clipping coupons	Not yet begun to spend

3. Select the top three most meaningful myths, folklore, or fairy tales for you. Express for yourself in a few sentences why each is important to you. In what ways do (or have) these myths, tales, and stories play(ed) out in your life, career or business? Are there any aspects you'd want to change or integrate anew? ➤?

4. Reflect on your old personal story to locate aspects you may want to change or look at from a different perspective, re-story. Then ask yourself what is your aging story now? How much of this story is inherited or imposed by others in some way? Now that you have a liberating opportunity to reshape and re-story, what do you want your new aging story to be? ➤

5. Prioritize setting aside fifteen to twenty minutes each day to reflect on your old story and the new story you want to create. Put it on your calendar as an appointment that you can't miss. Perhaps journal after you meditate on these ideas or before you start your day. One approach is to take one of each of the attributes of Agelessness that resonates with you. For each week, or month (or whatever time feels right), consider that attribute for your daily reflection and ponder how it shows up (or doesn't) in your everyday life. ➤?

6. Have you taken care of the basics of Aging Consciously by either preparing or updating documents for your older years and eventual passing? Have you broached these topics with your loved ones? If not, what are you waiting for? ➤

7. If you are choosing to embody Conscious Aging in your life, how will you do this? How will you be or become more of a Visionary with Wrinkles today and into the future? Consider creating a running journal entry so you can come back to it each week or month to select which of the attributes of Agelessness you can incorporate daily. This can be as simple as asking yourself each day what and who has meaning for you right now and how you can demonstrate this. ➤

CHAPTER 2 ~ *Agelessness Across Generations*

1. How do you define yourself? Where (or from whom) do those definitions come from? When I was a kid, my dad always called me “Dizzy.” For a long time I confused that word with “ditzy.” Not such a good replacement word for a young girl with visual learning disabilities. It wasn’t until after my dad passed in my early twenties that I learned he was on the bench for the Brooklyn Dodgers. The newspaper clippings I discovered described my long-legged dad as “Dizzy” Fish. Clearly the way we self-identify is impactful on every part of our lives and our world as we move through it.

There are other more commonly used descriptors you can use to get started. Are any of these yours? Big Guy, Li'l Woman, Husband, or Wife, Dad or Mom. Shy or bold, maybe too loud. Leader. Executive or employee. Entrepreneur. Baby Boomer or Gen Xers. Self-starter or follower. Old or young. Over the hill. Invisible. You get the idea...

Next, reflect on the ways you have described yourself over time. How have they changed? Was there a particular event or interaction that inspired the change? ➤



2. How would you define the ideal Ageless you? What's stopping you from embodying that definition? Here's a suggestion if you are hesitant to get going. Once you are in a reflective state, think of someone you consider the epitome of being Ageless and who embraces The Ageless Way. If possible, bring the image of this person clearly into your mind's eye. Note all the ways you describe this person as a model of Agelessness and the ways she embraces The Ageless Way. When you return to your journal, capture what you've noted and any insights you've realized.

To ripple this conversation out further, consider bringing the topic of how we all define ourselves and one another, and share those thoughts with family members (a good dinner conversation!), your workgroup or your book group, during a friends' night out...or start a new online conversation group. ➤

3. What stereotypes do you have about other generations? What stereotypes do you have about your own? Any ideas on why or how you came to think this way? How much of your view of colleagues, friends, family, and even yourself, is filtered through the lens of these stereotypes? What impact is this thinking having on your key relationships at work, home, in the community, and even how you vote? ➤

4. At work, or in your community, start a conversation group that bridges generations to brainstorm solutions to a pressing problem that is meaningful to all invited. Make it fun, relaxed, and inspiring so everyone learns to feel safe and free to contribute. Start small so the group can gel. (An example of a fun start-up exercise to “break the ice” can be to have each person share three things about herself, one of which is not true. Then have everyone guess which claim is the untruth.) Be sure to chunk down the problem into small bites for starters. You can do this anywhere, including such locales as an office, a local teen center, or a town hall. ➤

CHAPTER 3 ~ *Positive Aging*

1. What current and future realities of aging are you most concerned about?
 - a. Write each one down, and then brainstorm what you can do now to adapt and prepare.
 - b. Which of these solutions have components that are age-friendly and would be beneficial for other generations? ➤

2. Most of the wise women I've interviewed put having a community of mixed ages as the top "must-have" as we age. Do you have this now? If not, how can you create this for yourself going forward?

Another gem I learned from those visionaries was that no matter how small you downsize, even more so in an urban area, always have a small, easy-to-tend garden so you have your own outdoor space and can connect with nature. As you make your plans for your changing home base over the years, be sure to remember this advice. If you don't like to garden, even one pre-potted plant is still significant.

I have a client who is very ill and in preparation for her eventual passing. We have worked together to make her remaining time as stress free as possible. She has created a spiral notebook with everything anyone needs to know if she needs to go to the hospital or hospice, as well as instructions on how to close up her affairs. It's hard enough losing someone you love, and no one wants to struggle with wondering what you might have wanted. ➤

3. What benefits of Positive Aging do you see already in existence in your life or in the lives of others?

- a. Combine your list of benefits with the benefits I've highlighted in chapter three, Positive Aging, (e.g., optimism, less regret, truth-telling, discernment, wisdom, the power of invisibility, presence & luminosity, and creativity.)
- b. Go down the list mentioned in "a" above and note how you are currently exhibiting these benefits or attributes (truth-telling, creativity, playfulness, etc.) in your life and work.
- c. Next, choose the top five benefits you desire to embody.
- d. Use the chart on the next page for notes.
- e. Take the top five benefits from "c" above, and place them in the left column entitled, "Positive Aging Benefits". Then in the middle column entitled, "Benefit Rankings", without hesitation, rate yourself on how well you've mastered and incorporated each benefit of Positive Aging in your current life and work. Do this exercise for each of the listed benefits, using a rating scale from one to plus five, five always being the highest score. Ponder your rating and why you gave it that number.
- f. Next, for any benefit with less than a five, write down three things you can do now to increase your score in the Notes & Positive Actions column. ➤

Positive Aging Benefits

5 Positive Aging benefits you desire to embody

Benefits Rankings

How well have you mastered and incorporated each benefit in your current life and work?

Notes & Positive Actions

Write down three things you can do now to increase your score

1)

1 2 3 4 5

1)

2)

3)

2)

1 2 3 4 5

1)

2)

3)

3)

1 2 3 4 5

1)

2)

3)

4)

1 2 3 4 5

1)

2)

3)

5)

1 2 3 4 5

1)

2)

3)

4. What are some attributes of aging, such as invisibility, that could be viewed through an empowering lens or different perspective? What do these attributes look like in your life through that different lens? ➤

5. Start crystallizing your vision by journaling your responses to the following questions: What matters most to me? What does the world need? And, most importantly, where do they intersect? ➤

CHAPTER 4 ~ *Ageless Women*

1. Consider the older women you have known in your lifetime. What story(ies) have they told with their lives about what it means to age? What story(ies) have they told with their words about what it means to age? ➤



2. Has anyone you know embodied characteristics of the Ageless Woman you aspire to be? If yes, what are those characteristics and how have they shown up in that person's life? If no, close your eyes and envision the ideal older woman, the Ageless Woman you aspire to be. What is she like? What attributes does she have? How does she interact with other generations? What does she tell herself? Now imagine this same woman ten, twenty, thirty years younger. What is the same and what is different? Why are these differences there? What would you like to tell her from your current vantage point? ➤

3. Where are you on the Ageless Quest? Are you in the beginning stages of recognizing you are on your own like Vasilisa? The sifting, sorting, and clearing stage? Or do you identify more with Baba Yaga than with Vasilisa and consider yourself one who has done that work and is holding the light and guiding others to find their way? ➤

4. In what ways are you feeding or nurturing your inner Vasilisa and Baba Yaga? How are these choices different from before, and how do you envision them changing (as they inevitably will...) at various future stages? ➤

CHAPTER 5 ~ *Ageless Attraction*

1. Spend some time in front of the mirror really looking at yourself. Who do you see in the mirror? Who else do you see? Your mother? Your grandmother? An aunt? (Or, for men, your father, grandfather, uncle?) What aspects do you see reflected on the outside? What aspects don't you see? Doing this exercise can bring up many emotions, memories, and "ahas." Please notice feelings and emotions without judgment and consider what arises for you, adding those thoughts to your journal. If needed, take a step away, get a cup of tea, breathe deeply, or do something to healthfully nurture yourself. ➤



2. What makes you feel beautiful? What aspects of your outer beauty do you love the most? What do you want to enhance or soften? What about your inner beauty shines through on the outside, such as your humor, your warmth? ➤

3. Who are your Ageless Beauty role models? What is it about these people that makes them someone you aspire to be more like? Which of their attributes are you incorporating now? Which need your attention now? Now ask the same questions, but about older Ageless Beauty role models you aspire to be more like. Is there a difference in your responses? ➤



4. What is your sexual story? How has it changed throughout your life? What do you believe about the role of sexuality as you age? What story do you want to create for your body and your sexuality in the coming decades? ➤

CHAPTER 6 ~ *Women Shaping The New Story of Our Age*

1. Take a few minutes to assess and list all of the things/people/situations around you that promote your being “average” or “less than.” Next, do the same for all the things/people/situations around you that promote your fully embodying your Signature Greatness DNA. Do you notice how you feel in your body when you respond? Is there a difference in your bodily response when you write about what drains you vs. what enlivens you? Please journal what each evokes in a word or image or thought. ➤



2. What ways can you raise and enhance your sense of worth, your self-esteem? When have you felt most respected? Journal about when you were last at the top of your game and what that felt like. ➤

3. What ageism have you experienced or witnessed in the workplace? Did anyone identify it publicly, or was it accepted or swept “under the rug?” How would you handle that same situation today? What would an age-friendly and women-friendly workplace look like? What can you do to create this? ➤

4. What would your Entrepreneur Barbie look like? What other Barbies are missing that would reflect the positive reality and preferred future for all ages? Do you have an idea for another children's toy that does or would encourage Agelessness? ➤

5. What is one thing you can do in the next month to “accept, connect, and act” in ways that will ensure your own Agelessness and life satisfaction so you can empower others in the same way? ➤

6. Be sure to take some time to be in silence so you can access your own Inner Visionary voice. Keep your journal at hand and write or draw in it as words or images arise. ➤

CHAPTER 7 ~ *Gray Is The New Green*

1. Take each of the trends mentioned in this chapter (also read more in chapter eight, “The Longevity Economy”) and write down how each affects you now. How might each trend affect you in the future? What can you do to leverage the trends in your professional life, existing business, by volunteering, or in a new start-up? ➤



2. Here are a few trigger questions to apply to each trend to get you started thinking way outside the box:
- a. How might this trend influence your current customers?
 - b. How might this trend influence your core business?
 - c. How does this trend impact your current and future workforce and workplace?
 - d. How might this trend attract new customers?
 - e. What are your two closest competitors doing about this trend?
 - f. Are there other trends co-evolving with this one?
 - g. How fast is this trend developing and what might accelerate it or slow it down?
 - h. How is your business reaching and serving the 40-plus market?
 - i. If you are planning to leave your job or sell your business, have you formulated an exit strategy?
 - j. What is your business doing to change with the needs of 40-plus existing and potential customers? What about your current colleagues and employees?
 - k. How are you getting your organization or your one-woman show ready for the prime-time Boomer women challenge and turning it into a humongous opportunity? What can you start now to leverage the 40-plus trend?
 - l. What and who needs to change so you and your business or organization can leverage this prime-time Boomer women trend?
 - m. What is your vision and intended outcome relative to each trend? ➤

3. What ageism have you experienced or witnessed in the workplace? Did anyone identify it publicly, or was it accepted or swept “under the rug?” How would you handle that same situation today? What would an age-friendly and women-friendly workplace look like? What can you do to create this? ➤

CHAPTER 8 ~ *The Longevity Economy*

1. What story are you in right now with your work? Where do you see that story going in the future? What other preferred future scenarios are possible for you? Which has the best possible outcome? Which story do you want to be living and working in the next year or two? Once you have your alternative futures laid out, you can focus on and manifest the one you most want. ➤

2. What does “retirement” mean to you? Are you planning to retire or partially retire at any age? Are your plans part of an old story, one you are living because you are expected to? What changes would you make to workplaces and the ways businesses are run in order to co-create a new story about working past 65 or 70? ➤

3. How does your existing business or business idea root itself in your values? What are you doing to build and deepen genuine relationships, professionally and personally? ➤



4. What opportunities do you have for multigenerational conversations in the workplace? What can you do to change these conversations, to make them collaborative and based on finding common-ground solutions that work for all ages and stages? ➤

5. What are the ideal elements of a workplace that would serve you now and into the foreseeable future? In other words, what does the new work story look like for you? What can you do to start making these changes? Do they all point to starting your own business, as an entrepreneur or solopreneur? ➤

6. What aspects of technology are ideal for you and/or your business? What aspects are more difficult to work with? What would technology without these difficulties look like? Which of these difficulties reflect potential problems with your current ways of doing things, personally and professionally? Could you change your processes or systems in ways that alleviate these difficulties? ➤

7. Determining the new story for your business takes some deep digging to discover what kind of business you want to create, evolve or reinvent. Consider exploring these questions:

- a. When do I step down and pass the baton?
- b. What's my new passion?
- c. Should I join some company boards, or rev up and start a new business?
- d. Can I afford to downshift?
- e. Is this the relationship I want now?
- f. How do I turn my empty nest into a launching pad?
- g. How do I make a lasting impact? ➤

CHAPTER 9 ~ *Ageless Reinvention*

1. Reflect on this period of your life. How would you change it? When did this time of reinvention start for you? Was there an event or experience that marks the beginning of your current transition? Do you find yourself at the beginning or the middle, or perhaps at the end of this transition at this time? What resources and/or tools are you using to support yourself as you make the trek from what is ending to what is newly beginning? ➤



2. Write down all your either/or choices related to reinventing your life, your career, your business. First, determine which are no-brainers, where one option is clearly superior to the other. Next, look at what's left and think about how you can have both/and instead of either/or in each situation. ➤

3. What does “sustainable success” mean to you? When you envision yourself living every day by what you stand for, bringing your Soul’s purpose to everything you do, whether at the company helm or around the kitchen table, what does your preferred alternative future look like, feel like, sound like? With whom, where, and when? ➤

4. Take a moment now to do a spin-off of the life report—the Future Report. Imagine yourself one year into the future, looking back at your life, and answer the same questions above. Now try it again, imagining who you are five years from now. Be honest based on where you are now. What answers are you happy about? What answers do you need to change? What will your future self-regret? What will you do now to change the course you are on? How will you reclaim your future? ➤

5. What's your present story?
- a. What are your strengths and weaknesses? What would others say are your strengths and weaknesses? (Think of colleagues, clients, family, friends. Even better—ask them!)
 - b. What are your greatest accomplishments? What strengths did you use to achieve them? What weaknesses and challenges did you overcome and how?
 - c. What do you regret doing? What do you regret not doing?
 - d. What basic needs must you fill right now? What desires would you like to fulfill knowing all your basic needs are met?
 - e. What has changed for you in the past three years? What trends can you see in these changes that are likely to affect the next three?
 - f. What were your biggest priorities five, ten, and twenty years ago? What are your biggest priorities now?
 - g. What are your biggest challenges today?
 - h. What legacy do you want to leave for the next seven generations and beyond? ➤

CHAPTER 10 ~ *Letting Go*

1. Ask yourself: What really matters to me? Am I doing what I think and feel is right or what other people expect of me? Have I been heading in the wrong direction all this time? I've always known I was meant to make a difference, to leave a legacy, yet what am I doing to make that happen? ➤

2. At what times in your life have you been forced to let go of something or someone? What did you learn about yourself? What did you gain from this experience? What could you gain from consciously letting some things go now? What would those things (or people) be? ➤

3. What stories have you been living in your relationships—with partners, friends, family, colleagues? What do you see as the probable future story for these relationships if they continue on the same course? What is your preferred aspirational story for these relationships? Do you need to let any of them go? Do you need to focus more on any of them? Do you need a “springer” to help you gain perspective? Perhaps it’s time to work with a professional so you don’t burn your bridges as you move forward. ➤

4. In what ways do you see your parents and yourself in the larger picture of generations and your ancestral lineage, as well as future generations of your family? ➤

5. Imagine you have been given a one-time gift. You are on your deathbed, reviewing your life, and then you are given the chance to go back in time, to where you are now. What would you do differently? ➤

CHAPTER II ~ *Ageless Homes & Communities*

1. Take time to research universal design ideas, jotting down any that appeal to you. You'll find ideas that you never even considered before. Keep this list in mind and use it as a foundation to which other ideas can always be added as discovered for remodeling your own home if you plan to age in place, or as what to look for if you plan to relocate. ➤



2. Take time to assess what truly matters to you in a home and community. Make a list of **MUST HAVE** criteria for your dream location, and then look at your options to see which ones intersect with your list. Of these options, use all tools and information available to you to narrow down your list realistically. If you feel overwhelmed by this, consider hiring an International Coach Federation (ICF) Master Certified Coach to help. ➤

3. What does your ideal community look like? Where could you see living out the rest of your years? Is it urban, rural, or somewhere in between? What does it look like physically? Who is there? In what ways do all of the people living there (even if just you and a partner) work together based on each person's strengths and abilities? How is the space set up for you to engage in activities you want to do, whether running a business or taking time for activities such as gardening, painting, or community activism, etc.? ➤

4. How do you envision you want to live during your post-forties and beyond? How might that vision change if you are (or become) single, divorced, or widowed? What impact will having someone else (adult child, caregiver, friend) move in with you have on your vision? What matters most to you of the six preferential elements listed below, and in what ways can/will you ensure those priorities are met in your life going forward?
- Bonding and connection
 - Convenience
 - Safety and security
 - Eco-friendly
 - Age-friendly
 - Customization >

CHAPTER 12 ~ *Ageless Elderhood*

1. Imagine you have been given a one-time gift. You are on your deathbed, reviewing your life, and then you are given the chance to go back in time to where you are now. What would you do differently? I'm repeating this critical question here again (also included in chapter ten, question six) because in our Elderhood this question is even more poignant and time-sensitive to how we live out our greatest Elder years. >



2. If you were to leave the Earth within the next six months, what would you regret not doing? ➤

3. If you knew you were to pass on tomorrow, what would you be sure to do or say, and to whom? Do you feel that you can do this right now? ➤

4. What do you believe are the most serious physical, technological, social, spiritual, or emotional threats to humanity and our planet that, unless reversed, endanger our future? In what ways do/will you make an effort to offset those odds (e.g.: recycling, making time for in-person connection with loved ones, spending time in nature, getting involved in local and national and even global sustainability efforts, etc.)? ➤

5. What old story do you want to change (yours, humanity's, or our planet Earth's?) How are you going to live your triumphant Ageless life so you can look back at every decade and say, "YES! I did it! I've lived my life to the fullest and made a difference I'm proud of?" ➤

CHAPTER 13 ~ *Ageless Future*

1. Imagine you could visit the future to see what society looks like after we have all adjusted to increasing longevity. What do you see? How much of what you see could be our reality now if we weren't so caught up in our old stories about aging? What does your aging utopia look like? ➤



2. What is your vision for yourself over a longer life span? Your work? Your family, now and for generations to come? What is your vision for your community, our nation, and our world? How do these intersect? What can you do at this intersection to begin co-creating new stories for these times? What is your Ageless legacy? ➤

3. Now see yourself five years from now. You are dressing to go to work or to go out for the day. Notice how you are dressed. What are you wearing? How do you get to where you are going? What does your workplace or where you are look like? Who else is there? Now prepare to meet a journalist who is writing an article about your Ageless life to date and your Ageless Legacy. What will the journalist's article say about your story? ➤

We are the visionaries we've been waiting for, so let's, together, transform the conversation around aging and create a future legacy across generations we can all be proud to leave behind for the future.

Please send me your questions or reflections at Karen@KarenSands.com, and let's send ripples of positive change out into the world.



YOU'VE ALWAYS KNOWN YOU WERE MEANT FOR MORE

Reading about what is possible for you and for our world can spark your own realizations, discoveries, and BIG ideas. Don't let them slip away! **No matter your circumstances or your age or life stage, you can start acting now to fulfill your potential to transform your life, your work, and your world.**

And you don't have to go it alone. You will find books, card decks, and coaching services available for purchase, as well as numerous **FREE** tools for taking the next steps, at www.KarenSands.com. Check back regularly for ongoing information about the future and a continuous stream of new offerings. (You can also follow Karen on Twitter, LinkedIn, Facebook and Pinterest to get the latest updates.)

Here are just a fraction of the resources you will find at www.KarenSands.com today and in the near future:

- If you're 40-plus or serve the Boomer market, Karen's **Ageless Beat blog** offers a wealth of information, strategies, and guidance for you to make **the next several decades your most visionary yet** (at www.KarenSands.com/ageless-beat-blog).
- Download **FREE and low-cost e-books and mini print books**, such as *A Glimpse of Tomorrow's Future*, *The Greatness Challenge*, *Mastering Reinvention*, *An Ageless Story*, and *Crossing the Canyon*, at www.KarenSands.com/bookstore. Many more are in development.
- Also download **video and audio interviews, reports, how-tos**, and much more at www.KarenSands.com.
- Get your copy of *Visionaries Have Wrinkles* (print and e-book) which continues receiving rave reviews for conversations with women visionaries who share their no-holds-barred inspirational points of view on growing older boldly, wisely, and visibly to reshape the future of aging for all of us. Or download a pdf chapter to get acquainted with these visionaries. Make sure you check out the companion card deck, *Visionaries Have Wrinkles Reflections Card Deck*, and the companion workbook, *Visionaries Have Wrinkles Reflections Journal*. Available at www.KarenSands.com/bookstore and Amazon.
- Sign up for the **FREE monthly Ageless Beat newsletter** (www.KarenSands.com/ageless-beat-newsletter) to follow the latest conversations

about how post-40 women and those who serve them can transform their lives, businesses, and the world.

- Browse **Ageless Experts** at www.KarenSands.com/ageless-experts for articles by professionals who offer expert wisdom on various aspects of the future for and by women 40-plus (also the men in their lives) and for those who serve this market by offering services, products, and opportunities.
- Find out more about **FREE interactive forums, webinars, upcoming podcasts, workshops, and retreats**.
- **Expand the new language of our evolving Ageless Story by sharing words and phrases** you find or create as you make your way on your Ageless Quest. Send them to Karen@KarenSands.com for inclusion in our continuously expanding Glossary at www.KarenSands.com/glossary.
- Check back regularly for **new readings and links** at www.KarenSands.com/ageless-reads-links, or share your own recommendations at Karen@KarenSands.com.
- Find out about **coaching tailored to 40-plus women and men** for creating **sustainable Ageless businesses** and **full, meaningful Ageless lives** at www.KarenSands.com/ageless-coaching. Get one-to-one and group coaching, career, retirement, or semi-retirement planning to monetize what matters most to you and your clients. For details, contact Karen@KarenSands.com.
- Learn **how to stay in sync with the people who keep you in business**, especially those entering and moving through midlife and beyond. Read more at www.KarenSands.com/Media.
- Contact Karen about **corporate trainings and speaking**, especially on how to **leverage Boomer knowledge workers**, prepare for **post-50 futures**, and promote **intergenerational collaboration and innovation in the workplace**. Read more at www.KarenSands.com/Media.
- You are invited to send **your stories and recommended readings** to Karen at Karen@KarenSands.com so she can share them with other readers on her site and her blog at www.KarenSands.com/ageless-beat-blog. ➤

HOW TO CREATE YOUR AGELESS WAY GROUP, POD, OR CIRCLE

You can bring *The Ageless Way* home to roost in your own neighborhood, work team, classroom, or your favorite virtual platform. Invite other Ageless Visionaries to join you in traversing *The Ageless Way*. Use this book as a guide and text for your gathering of seekers, entrepreneurs, nine-to-fivers, book bloggers, and people like you with a unique purpose to create a new story for our times.

Here are some ideas on how to organize your *The Ageless Way* grouping, whether it's you and a friend or a larger gathering.

Meet in person or go virtual using Skype group video calls, Facebook groups, Google Hangouts, or free conference call lines. If you are part of an already-established group, consider bringing *The Ageless Way* to them, or selecting and sharing a particular chapter or relevant discussion point that resonates.

When creating a group, organize an introductory meeting using the Preface and Introduction as a prerequisite for your exploratory meeting. Then, I suggest a twelve-week process with a weekly gathering of two to three hours focusing on one chapter and its associated Reflections. Ask each participant to download this journal for their personal use as the group moves through the book. Download this journal at www.KarenSands.com/ageless-way/workbook.

I welcome your feedback and contributions about how you are gathering and running your pod, cluster, study group, or sacred circle. Please keep me posted and share your stories, ideas, and questions on traversing *The Ageless Way* by emailing me at Karen@KarenSands.com with "TAW Groups" in the subject line. I'd love to hear from you!

ABOUT KAREN SANDS



Karen Sands has spent decades transforming conversations about Positive Aging, women, and the future, culminating in paving a more vibrant age-friendly way forward for age 40-plus women in the twenty-first century. In ushering in *The Ageless Way*, Sands capitalizes on tomorrow's trends today to illuminate a new story, a narrative fostering a life of unlimited meaning, satisfaction, impact and legacy-making, as well as money-making futures that matter. Karen shakes up perceptions that are limiting and outdated, transforming them into new possibilities that turn aging and ageism upside down. Her work aims to catapult women to the forefront of the business of aging as innovative social entrepreneurs, change-makers, visionary leaders, and discerning high-value consumers. Karen brings together the best practices of sustainable business and avant-garde approaches to timeless living and unlimited Ageless Aging. In doing so, she prepares us to rock our age by generating and utilizing innovative, intergenerational geribusinesses and services partnered with civic engagement. She is a "Visionary with Wrinkles," a CEC-BCC and ICF-MCC certified Master and Mentor Coach, a TED support Master Coach, a leading Educational GeroFuturist on the Longevity Economy, and author/creator of *Visionaries Have Wrinkles*, *Gray is the New Green* as well as *The Ageless Way* book and program. Sands is also an online entrepreneur, speaker, publisher, and multi-book author/blogger. Karen Sands propels women and men across generations to usher in *The Ageless Way* and radically reinvent the true meaning of growing older at any age—in life and in business."