

Some Attributes for Aging Vibrantly

- Adaption
- Attitude
- Autonomous
- Being Grateful
- Compensation
- Emotional Well-being
- Exercise
- Feelings of Altruism
- Forgiving Yourself and Others
- Having and Active Life
- Having or setting Goals
- Independent
- Letting go of Regrets
- Optimizing one's Cognitive Function
- Positive Attitude
- Resilience
- Retaining Memory
- Self-care
- Sense of Contentment
- Social Interactions and Connections
- Spirituality or the Practice of a Formal Religion