

L.J.ROHAN

Want to be Vibrant?[®]

VIBRANT AGING 101

Day 6: Your Vibrant Heart

Having a positive attitude will go far toward slowing down our aging clock.

- Research finds positive attitude and being grateful help protect us against all kinds of diseases.
- Adopt an attitude of gratitude and watch your life change for the better.
- Seeing and focusing on what's going right in your life will make you feel and look more vibrant.
- Work at letting go of regrets and embracing forgiveness—it literally changes our DNA.
- The result of looking on the positive side? A greater sense of contentment.
- Those of us whose daily living includes a form of spirituality live longer.
- Holding on to a sense of purpose as we age often furthers our feelings of altruism and increases overall feelings of self-worth.