

L.J.ROHAN

Want to be Vibrant?®

VIBRANT AGING 101

Day 3: We've Come a Long Way

Some Attributes of Vibrant Aging

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