Attitude Is Everything

Old age is often referred to as” the golden years”. But in reality, they are years of poverty, deterioration, lonliness, and extreme illness. In our youth oriented culture of today, they have become invisible in our society. Yet many seniors still find great joy in living. According to a recent study, attitude is the most important factor. The survey was conducted on 500 people who lived independently, having experienced many of the mentioned trials and tribulations of senior years, they were asked to rate themselves on successful aging. On a scale of 1 to 10, with 10 being the best. Surprising enough, in spite of their health problems, the average rating was 8.4. This suggested that physical health is not the best indicator of successful aging.

Old age can be a time to reinvent yourself, find a different focus or career. Try new things, or realize past dreams. Benjamen Franklin was 70 when he helped edit the Declaration of Independence, and 81 when he signed the Constitution of the United States. The senior years provide a wonderful opportunity to be a mentor to impart the knowledge that life has given you.

There are four traits that that are common to happy people of all ages. They like themselves, they are positive thinkers, they are outgoing, and they have a sense of personal control. Attitude is everything. It is important to develop close relationships. Often in retirement years, people have lost many friendships and feel isolated. It is essential in creating lasting friendships earlier in life, that will be of great comfort to you in the years to come. Being able to confide in a close friend enables a person to feel relaxed and at peace. A spiritual condition is also helpful According to research people are happier then those who are not religiously involved. Living in the present moment is vital to happiness.

To a great degree, true happiness comes from within. Some of the most beautiful people that one way meet, are elderly. They seem to have a radiance that reflected from a life well lived. The happy person sees rainbows everywhere. It stands to reason that the opposite is also true. The unhappy person only sees rain. So, if you desire to age gracefully, attitude is everything.

Sincerely,

Bob