



How To Age Playfully

Essential action steps for every modern playful lady

A
POCKET
GUIDE



crunchytales.com

IT'S NOT OVER UNTIL IT'S OVER

Life is a ticket to ride. Spend it well.

Play until the whistle blows

Ageing playfully is an art. Whether you dye your hair or stay grey, you are single or with a partner, housewife or professional, be confident of who you are. Don't give up on life and yourself just because you're in your 40s or 50s. Stay gorgeous, stay curious, stay crunchy.

It's about how good you feel about yourself. A more powerful and mindful path is through self-acceptance, patience and a willingness to better understand who you are and what you want from your life. **Find your passion, the rest will come in abundance.**



Don't get stuck in quicksand

If you keep playing the same note every day, your imagination, creativity and optimism deteriorate. The key to getting out of quicksand is to develop a sense of curiosity for interests and ideas that add value to your life.



Explore new opportunities

Build a fully independent, self-sufficient life from the inside out. Curiosity builds independence, which empowers you to open yourself up to expanding possibilities and opportunities. Find a new passion, volunteer where your heart leads you, and explore yoga and other forms of physical exercise. Practice meditation and talk to people who inspire you. Start learning again.



Overcome resistance

As you age, you might find that you are resistant to explore new ways of learning, new activities to engage in, or new people to meet. You are limiting yourself with pre-conceived behavior patterns. Changing your mindset is decisive to bringing joy, satisfaction and passion to your life.

IT'S NOT OVER UNTIL IT'S OVER

Life is a ticket to ride. Spend it well.



Change Your Path

Leave the past where it belongs, in the past.

Changing your path brings you more energy while expanding your imagination in the present, allowing you to take some risks. Be mindful of the present and the gifts, talents and skills you possess.

Just remember, when you're over the hill, you begin to pick up speed. Embrace it!



Re-Invent Your Life

This is the right time to embark yourself into a new journey.

The best experience you can have is to live the life you want without fear and regret, and above all, with purpose and resilience to make choices that reflect your values.

So, make your choices mindfully, give daily gratitude, and deepen your awareness of all that surrounds you by staying present, healthy and wise.



IT'S NOT OVER UNTIL IT'S OVER
Life is a ticket to ride. Spend it well.

15 Quick Fixes to boost your daily routine

- Write down 3 things you are grateful for right this minute
- Check your posture and sit or stand up straight
- Go for a walk around the block
- Take ten deep breaths
- **Drink a large glass of water**
- Read an inspirational magazine or book for ten minutes
- Reduce caffeine during the day and cut back on alcohol
- Track what you eat to make sure you aren't eating mindlessly
- **Buy a red lipstick**
- Apply a 100 SPF sunscreen on your face everyday
- Keep aware of trends but stick with classic shapes and styles
- Embrace a morning routine (meditation, visualisation, exercise)
- Learn relaxation techniques
- Join a club
- **Flirt with someone**



IT'S NOT OVER UNTIL IT'S OVER
Life is a ticket to ride. Spend it well.

Ageing playfully check-list

Play empowers people to be flexible thinkers, creative, young at heart and free spirited. Engaged play increases your **happiness**, aligns you with your deepest needs and is a huge predictor of your **well-being**. Research shows that **being playful** is a key way to get more out of life and even though we are busy with everyday responsibilities and schedules, it is important to carve out time for leisure.

3 Top Tips

1

Make mental connections
("how else can I use this?" or
"what else can this do?")

2

Read fairy tales. It helps you to
reconnect with your inner child

3

Sing and dance just for the fun of it



NAIL IT!

IT'S NOT OVER UNTIL IT'S OVER

Life is a ticket to ride. Spend it well.

- » Use the unscheduled time to be **creative**, to daydream, reflect and decompress
- » Appreciate **playtime** - whether it's alone or with other adults or children
- » **Smile and laugh** often throughout the day
- » Try **new things** and experience the unexpected
- » Participate in a variety of arts/sports/activities, whenever you can, to **expand** your **horizons**
- » Spend time with the **children** in your life, observing them as they play, listening to their conversation, and following their train of thought
- » Cultivate a **positive attitude**, full of gratitude for even the smallest, everyday things
- » Plan to make **play** a part of your day, whether it is indoor or outdoor, solo or social, active or quiet



IT'S NOT OVER UNTIL IT'S OVER
Life is a ticket to ride. Spend it well.

#MyMidlife - Tell your story

Would you like to **share** with us **your unique journey through midlife?**

#Sayitloud! We want to hear from all the CrunchyLadies out there.

Submit your personal tale from the second act of your life
to get featured on CrunchyTales.com

crunchytales.com/mymidlife-your-story



Facebook.com/CrunchyTales



Twitter.com/CrunchyTales

A stylized illustration of a woman's face with grey hair, freckles, and rosy cheeks, looking slightly to the side. The background features green foliage and a red and blue patterned area. A white speech bubble with a black outline is positioned in the center, containing the text 'FILL IN YOUR PLAYFUL JOURNAL!'. A black arrow points from the bottom of the speech bubble towards the bottom right corner of the page.

FILL IN YOUR PLAYFUL JOURNAL!



My new Playful routine

before you start your day, list 3 new things you are going to try

1. _____

2. _____

3. _____

What I'm Learning from My Challenges

list 3 obstacles and what you're learning from them

1. _____

2. _____

3. _____

People I'm Grateful for

list 3 people who made your life a little happier today

1.

2.

3.

The Best Part of My Day

choose 1 moment of your day and focus on it for 5 minutes before bed