

45

WAYS

*to change your*

LIFE

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MAKE LIFE COUNT



*Hi Girlfriend,*

When your [1010ParkPlace.com](https://1010ParkPlace.com) emails appear in your inbox, check out [Brenda's Blog](#) and the other [fabulous women](#) who write for us, including 80's supermodel, [Kim Alexis](#). Oh, and let's not forget [Nick Dawes](#), founding appraiser of PBS's *Antiques Roadshow*. He's a charming Englishman with lots to say!

Remember, the change in your world **starts with you**. Give yourself your daily dose of love, and be the change you want to see.

XOXO, Brenda

# 15 *Top Ways To Change Your Inner Self*

1. Make peace with who you are and where you are at this stage of your life.
2. Be honest with yourself and others, and always... Be authentic.
3. To be anyone else is missing out on the best woman you'll ever know.
4. Make yourself a priority.
5. Keep taking risks.
6. Explore things out of your comfort zone. New experiences are what make us grow.
7. Courage isn't the lack of fear. It's acting in spite of that fear.
8. Your power to believe is your greatest power.
9. We are not defined by a man or by our children. We are enough, all by ourselves.
10. Doing for others is the best way to help yourself.
11. Learn to read hearts, not lips.
12. To worry is to pray for what you do not want. Reframe your thoughts so you focus on what you do want.
13. Twice a day imagine a bright, white light has formed a tent around you. The light is searching out the dark places where your pain and disappointment are stored, and it sends a powerful charge of healing energy straight to your heart.
14. Learn to say "no." No doesn't hurt, and is not rude when said with kindness.
15. "No" is a complete sentence.

# 15 *Top Ways To Change Your Physical Self*

- 1.** Whatever your size now is the real you. Enjoy it, and stop looking over your shoulder.
- 2.** Sit like a front-row celebrity. Stand like a model. It makes you look and feel younger and more self-assured.
- 3.** Be your own healthcare advocate.
- 4.** Take care of your body. It was given to you. It's free. It carries you through everything.
- 5.** Practice stretching every day. Not being limber leads to a less active, less interested you.
- 6.** Yearly mole and full-body skin cancer checks are not negotiable.
- 7.** Wear sunscreen, daily.
- 8.** Get a colonoscopy. Colon cancer is easily prevented and treated if caught early.
- 9.** Cut out sugar; eat more veggies and move your butt!
- 10.** Carbs, in moderation, aren't bad. They give you energy.
- 11.** Use tooth-whitening strips and smile.
- 12.** Makeup and hairstyles that worked in the past need to be updated.
- 13.** Buy and wear what you love. Whenever. Period.
- 14.** Don't be afraid of being age-inappropriate. Age is always appropriate and awesome!
- 15.** Keep your fingers and toes manicured.

# 15 *Reasons to Embrace the Power of Women*

1. Be the kind of woman that when your feet hit the floor, the devil says, "Oh, crap!"
2. We must use our power to change the storyline about women and about the world.
3. Ask for more.
4. Surround yourself with other women who will lift you up when you need it.
5. Ask yourself how you can be a better friend.
6. There are new and valuable friends just waiting to meet us. Step forward and introduce yourself.
7. When we see one another differently, we see the world differently.
8. One of the points of meeting new people is to rethink your life, routine, your looks and align them with the woman you are now.
9. In order to get to know someone, you have to be willing to be vulnerable.
10. You are kind. You are smart. You are important.
11. Mentor a younger woman.
12. Call the friend who's been diagnosed with cancer. It doesn't matter if you don't know what to say. It matters that you're there.
13. If you don't have a friend in your life, it doesn't matter what else you have. It's not enough.
14. It's our women friends who keep us upright in times of despair.
15. Great women friends are sisters by choice, not blood.

# Plus...*15* Things That Scare Me More Than Aging

1. Thin, tight, white pants.
2. Seeing myself under fluorescent light, wearing thin, tight, white pants.
3. Understanding how crabby old women got that way.
4. The nice guys I'm attracted to are too young for me, married or dead.
5. My mother asking her cardiologist if the bra in her hand belonged to him.
6. Suspecting there's a hidden passageway that allows the hair on my head to relocate to my chin.
7. Being taken off a five-minute "hold" while I've decided to run to the loo.
8. Feeling sorry for the one macaroni glued to the bottom of the box.
9. Sleeping in an antique bed and wondering who did what to whom, there.
10. A doctor's office where all the plants have died.
11. Leaving a vacation in paradise still looking like my passport photo.
12. One of out three people are mentally unbalanced. Thinking about my two closest friends... They're both okay, so I must be the one.
13. Finding a need for algebra.
14. Most people have only five or six people who will remember them.
15. That God might have made Adam first because He didn't want any advice.