

The **BOOMER CREDO**

I believe there is no reason to become a lesser version of me just because I've had another birthday. And that what I think about, talk about, and actually do something about will come about. I also believe that it's not enough to just show up, I must be an active participant in my life ...

- Each birthday is a celebration of my purpose
- Every experience brings an opportunity to learn
- I don't "should" on myself or others
- I can't change others, only myself
- Nobody can do my push-ups for me
- My experiences match my expectations
- I remove my limitations by removing my excuses
- My focus determines my future—the boomerang effect
- I can't do everything at once, but I can do something all the time
- I can't ignore one area without it impacting another
- I enjoy the gift of the present
- Consistency is more important than perfection
- What you see is what you get—nothing changes until I do
- I can because I believe I can
- My future is created from the future, not my past

Live Long, And Live Well!