

# Baby Boomers Bible to Life After 50

Ten Truths to add years Gracefully

By Dr. Chérie Carter-Scott

Baby Boomer's Bible  
to  
Life After 50



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## Rule One: YOU ARE NOT WHO YOU WERE

*Your evolution as a person is non-negotiable. How you deal with the changes you experience is up to you.*

## Rule Two: TAKING CARE OF YOURSELF HAS NEW RELEVANCE

*Now more than ever, the way you treat yourself makes a difference.*

## Rule Three: STAYING ACTIVE IS THE KEY TO VITALITY

*Being actively engaged in life is crucial for your mental and physical well-being.*

## Rule Four: YOUR ATTITUDE DETERMINES THE QUALITY OF YOUR EXPERIENCE

*Your attitude colors every situation you experience; in turn, each situation affects your attitude.*

## Rule Five: ENTHUSIASM IS WHAT GIVES YOUR LIFE MEANING

*When the fire burns in your belly it keeps the engine moving forward.*

## Rule Six: NURTURING YOUR RELATIONSHIPS KEEPS YOU CONNECTED

*Stimulation, feedback, and fun with friends nourishes the spirit.*

## Rule Seven: DEALING EFFECTIVELY WITH LOSS ENHANCES LONGEVITY

*We all lose people and situations we love. It is by processing these losses and letting go that we are able to move on and live new chapters of our lives.*

## Rule Eight: COMING TO TERMS WITH YOUR PAST ALLOWS YOU TO EMBRACE YOUR FUTURE

*Letting go of the past enables you to be present in your life.*

## Rule Nine: PLANNING AHEAD SUPPORTS LIVING IN THE PRESENT

*Now more than ever, organizing your affairs will enable you to live as you choose.*

## Rule Ten: THE LEGACY YOU LEAVE BEHIND IS UP TO YOU

*The imprint you make on the world is comprised of all that you do, all that you say, and all that you are.*