



7 Tough Love Tips For How to Make The Rest of Your Life The Best of Your Life

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My name is Victoria Rose and I'm 65 years old.

I never say I'm bored. There are no prescribed medicines in my home. I still fit into dresses I made 25 years ago. And some describe my nature as "irritatingly positive". Has my life been easy? Absolutely not! But my over six decades of living has taught me a thing or two. I wish to share some of these learnings with you. I hope you find them beneficial too.



1. Learn to say NO and mean it (without being mean)

Know you're entitled to live your life your way. Speak in a calm non-defensive tone. Value your time.

2. Pick up the weights

You've read about how good weight training is. Time to start your own weight training routine. Not feeling so bright and sparkly? Ten minutes of brisk walking and you'll be just fine. And get into yoga.

3. Open your front door and smile

Arrange your home so you cannot help but smile when you walk through the front door. Needn't be expensive. A bunch of flowers, some colourful postcards. After all, home is where the heart is.

4. Eat locally grown

Oranges from USA or oranges from Australia? Food cannot retain vitality when countless hours are spent travelling on trucks and planes before it lands on your plate. Support Farmer's Markets.

5. Be stubborn

Stop the stinking thinking. Negative self-talk is detrimental to your health. Stubbornly look to the good.

6. Drink water

Years ago I adopted a useful habit of drinking a glass of water for every one of the nine cups of coffee I'd drink in one day. Now, I drink two cups, but still drink nine glasses of water.

7. Wake up to words that work

The first words you say to yourself when you wake up set the tone for the day. Take control. Say something empowering like "A day like today has never been before and will never be again."

About Victoria Rose

Victoria's helped over 19,500 people from around Australia and New Zealand as part of her 31-year successful training career. As a soldier in the Australian Army Reserve, Victoria trained over 7,000 soldiers and officers in weapons, drill and theory and was promoted to the rank of Warrant Officer.

Victoria has achieved her own 'From NOW To WOW' life while raising 2 children as a single parent. Since turning 60, Victoria has been on a personal mission to encourage and inspire other women to benefit from her own journey to WOW. She has created the book, supporting online platform, the seminars, webinars, and is developing her intensive live-in Bali Experience, to teach Australian 60+ women how to become leaders and champions for a WOW life of their own.

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EVENTS: Victoria is holding a one-day workshop called 'Get Into The Driver's Seat' in Port Melbourne on 11 May 2015 and a 5-day intensive retreat in Ubud, Bali in September 2015.