



4 Esteem-building Exercises For Smart Single Women Over 60

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Source: '**How to Make The Rest of your Life The Best of Your Life: Tough Love For Smart Single Women Over 60**' by Victoria Rose.



1. Discover your life values

Working through a simple process, accurately pinpoint what's most important to you and realise where you may have conflicting values. Hidden conflicting values are a sure road to self sabotage. Knowing *your* true values, and not what others say you should value, is the first step of your journey to living the rest of your life as the best of your life.

Find out more in Chapter 1: Flushing Out Your Values, page 13.

2. Take a 'good' look at yourself

Looking at your reflection is a simple enough exercise - until you have to do it for five whole minutes.

Normally, we look at the mirror to 'fix things'. Our hair, lipstick, smudged mascara or the parsley wedged in our teeth. If you can last the whole five minutes looking at your reflection in the mirror you may experience deep emotions and begin to feel a connection, or perhaps a reconnection, with the 'stranger in the mirror'.

Find out more on page 20.

3. The trick to speaking with confidence

There's a simple three-part formula for assertive communication. This is a proven formula for speaking your truth, for saying what you really mean. At its most basic you can practise to *say what you mean and mean what you say without being mean when you say it.*

Find out more on page 44.

4. Develop a healthy relationship with money and wealth

What does enough look like to you? Like many baby boomers, you may have fears or discomfort around money and finances. To find out your relationship to money try the money-mind experiment.

Imagine carrying \$1000 around with you in cash. Notice the very first thought that pops into your head. This simple experiment goes a long way to revealing your relationship with money.

Ever considered turning 'I can't afford that!' into 'How can I can afford that?'

These tips and exercises may be more valuable to you than specialised books and seminars around acquiring wealth.

Find out more on page 52.

ABOUT VICTORIA ROSE: Victoria's helped over 19,500 people in Australia and New Zealand as part of her 31-year successful training career. As a soldier in the Australian Army Reserve, she trained over 7,000 personnel. 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, seminars, webinars and is developing her intensive live-in Bali Experience to teach Australian 60+ women how to lead their own WOW life. *For interviews or copies contact: Irena on M: 0412424523, E: ibstrategic@gmail.com*

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