

SPECIAL EDITION

RISE FURTHER

JULY 2022

**EDUCATOR
AGE
AFFIRMATIVE
AMBASSADOR**

**LIVE A LIFE THAT
OUTLIVES YOU**

**MONIQUE
LATRICE**

**REDEFINE THE WAY YOU
DO BUSINESS...
YOU'RE CALLED TO
SERVE THE MASSES**

**MAKE YOUR DREAMS
YOUR REALITY!**

I AM WOMAN RISEHER

I am her.

Monique LaTrice is a writer, literacy advocate, and higher education professional. She earned a B.A. in English Literature, an M.A. in Communications, and is currently working toward her Ph.D. Dubbed the Age Affirmative Ambassador, Monique is creator and chief writer of age·less mindset blog, where she writes musings of encouragement and inspiration for women 40+ and she is featured in Author BAE magazine. Monique is an avid reader who enjoys traveling, and writing.

Monique is the author of the mini devotional 8 Weeks of Self Discovery published in 2018, and the personal narrative, Late Discovery published in 2021. She is also a three times best-selling co-author of the anthologies: Speak Up... We Deserve to Be Heard, published in 2021, Kept Promises: Prospering in a Pandemic, published in 2021, and Dear Young Woman volume 3: His Purpose is Greater Than Your Plan, published in 2021.

You may connect with Monique on:

IG: @dr.moniquelatrice

FB: dr.moniquelatrice

<https://moniquelatrice.com>

<https://www.authorbaemagazine.com/post>

[/featuring-dr-monique-latrice](https://www.authorbaemagazine.com/post/featuring-dr-monique-latrice)

A portrait of Monique LaTrice, a Black woman with long, dark braids, wearing a white off-the-shoulder top. She is looking slightly to the right with a thoughtful expression. A tattoo is visible on her left shoulder that reads "the seed".

MONIQUE

LATRICE

I AM WOMAN LIVING A LIFE THAT OUTLIVES YOU

What do you want your life to say about you? Living a life that outlives you is about living a life of purpose and sowing seeds of encouragement and inspiration leaving a trail that leads back to the light inside you.

Show: Develop an age-less mindset.

Being age-less is about living your best life and being your best self at whatever stage of life you are in. Don't focus on your physical age, as the saying goes

"age is only a number." Don't be afraid to reinvent yourself as you change and grow and be an example showing others how to live age-lessly.

Do: Be fearless. Don't be afraid to step out on faith and make bold moves. Don't let fear hold you back from going places where you could touch lives and hearts leaving an impression that will stand throughout time.

Tell: Speak up. We all have a story to tell and no matter how many others may have had a similar experience, your story in your voice is unique. Your words will touch those who were meant to hear what you have to say. Speak with intention to leave behind words that will speak for and about you even when you are not around. Writing is a wonderful way to curate thoughts and words that could touch the lives of those whom you haven't or may never meet. Be intentional with your writing and leave messages that will remain relevant and useful for years to come.

