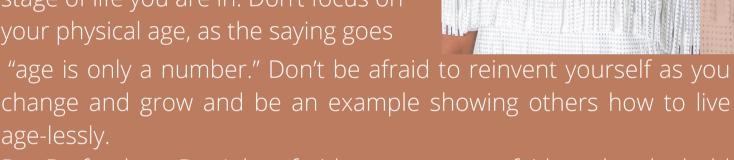


I AM WOMAN
LIVING A LIFE THAT OUTLIVES YOU

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



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.