

YOUTHAGING™

Where Vitality and Wisdom Meet

A guide to living the whole of your life



*“Perhaps the question isn’t, ‘How long can I stay young?’
Perhaps the better question is, ‘How fully can I live?’”*

GEORGETTE E. CORREA · YOUTHAGIST™

A WRITE-IN GUIDE · TYPE ON SCREEN OR PRINT AND WRITE BY HAND

THE QUESTION

What have we been taught that aging means?

We have been taught to divide life into two parts: the years when we are young and the years when we are aging.

I don't.

You have been aging since the day you were born. The question isn't whether you're aging. You are. So am I. Everything alive is moving through time. The more interesting question is what we have been taught that aging means.

At what age are you supposed to slow down? Become less desirable? Stop beginning? Stop creating? Stop changing? Stop wanting? *Who decided?*

Your chronological age tells you how much time has passed. It does not tell you how curious you are, what your body may still be capable of, what you have left to learn, whom you may still love, what you may still create, or who you may still become.

AGE IS INFORMATION.
IT IS NOT INSTRUCTION.

YOUR TURN

What were you taught that aging means? Where did you learn it?

Who decided? Whose voice do you still hear?

Youthaging begins there.

THE PHILOSOPHY

What is Youthaging?

Youthaging™ is a philosophy for living the whole of your life – cultivating the vitality available to you, gathering wisdom from what you have lived, questioning inherited assumptions about age, and using what you have gathered to continue becoming, contributing and creating.

VITALITY

Vitality isn't youth. It is aliveness – the energy to participate in your life through your body, curiosity, desire, creativity, pleasure, movement and engagement.

The goal isn't to preserve the vitality you had at 25.

What vitality is available to me now, and how will I cultivate it?

WISDOM

Wisdom isn't simply having lived a long time. Wisdom is experience metabolized into understanding.

Your successes, mistakes, relationships, losses, discoveries, disappointments and joys become material for wisdom when you examine them and use what they have taught you.

Where vitality and wisdom meet.

You can become wiser without becoming smaller.

You can age without surrendering your vitality.

YOUR TURN

What vitality is available to me now, and how will I cultivate it?

Where vitality and wisdom meet

GUIDED BY ONE PRINCIPLE: TRUST THE UNFOLDING

At the heart of Youthaging are two forces. Everything else grows from the place where they meet. Beside each, note where you are with it right now: a word, a sentence, an honest glance.

VITALITY <i>The life moving through you.</i> WHERE I AM WITH THIS NOW 	+	WISDOM <i>What you have gathered from living.</i> WHERE I AM WITH THIS NOW
---	---	--

When vitality and wisdom meet, something becomes possible: you can live the life that is here now with greater truth, alignment, purpose and creative expression.

TRUTH <i>What is actually true for me now?</i>	
ALIGNMENT <i>Am I living in accordance with what I know?</i>	
PURPOSE <i>What is life asking of me now?</i>	
CREATION <i>What will I do with everything I've gathered?</i>	

These aren't stages to complete in order. They are how vitality and wisdom express themselves in a life. And what you create becomes new experience, more for wisdom to gather. The cycle continues.

THE INQUIRY

What have you mistaken for aging?

Before you call something “aging,” get curious. Choose one thing you’ve been calling age, and walk it through these questions.

Something I’ve been calling “aging”:

What actually changed?

What do you know about why?

What have you simply assumed?

What might it actually be? Mark all that might apply.

- | | | | |
|-------------------------------------|--|---------------------------------------|---------------------------------------|
| ☐ Biological | ☐ Environmental | ☐ Habit | ☐ Stress |
| ☐ Disuse | ☐ Fear | ☐ Conditioning | ☐ Circumstance |

THE INQUIRY · CONTINUED

Now sort it. Some of what you've noticed can be strengthened. Some can be changed. Some asks to be accepted. Some asks to be grieved.

What can be strengthened?

What can be changed?

What needs to be accepted?

What needs to be grieved?

And where might you have surrendered before discovering what was still possible?

**YOUTHAGING IS NOT FIGHTING AGE.
IT IS REFUSING THE PREMATURE ABANDONMENT OF LIFE.**

Curious. Rigorous. Open.

YOUR LIFE, NOW

Five questions worth sitting with

*Don't answer from who you were supposed to become.
Answer from where you actually are.*

1 *What is still alive in me?*

2 *What do I know now that I couldn't have known before?*

3 *What is true for me now?*

4 *What is life asking of me now?*

5 *What do I want to create with everything I've gathered?*

THE YOUTHAGING DECLARATION

Live the whole of your life.

I will not divide my life into the years I was young and the years I am aging.

I will bring all of me forward.

I will gather what I have learned.

I will stay connected to what is alive within me.

I will listen for what is true.

I will align my life with what I know.

I will use my experience.

I will cultivate my vitality.

I will create with what I have gathered.

I will continue becoming.

I will live the whole of my life.

SIGNED

DATE

GEORGETTE E. CORREA · YOUTHAGIST™

Youthaging™ · Where Vitality and Wisdom Meet

CONTINUE EXPLORING AT [YOUTHAGING.COM](https://youthaging.com)