

## THE RENAISSANCE WOMAN MANIFESTO

I am a Renaissance woman over forty and free. After forty years, I've discovered the real me. I am strong and wise, and I stand tall, having gracefully aged with confidence.

I've weathered storms and conquered fears through laughter, sorrow, and countless tears.

With every wrinkle, line, and gray hair, diminishing eyesight, and a few extra pounds, I embrace my outer beauty as they're the marks of a life well-lived.

And my inner beauty shines ever so brightly.

I'll nurture my mind, my body, and my soul, for self-care is vital, for it's in wellness and health, where I become whole.

I'm not defined by my age as I've learned that age is but a frame, but by the wisdom I've gained. I've grown in strength, compassion, and grace, a midlife woman, I'll proudly embrace.

I'll savor the moments and cherish the memories, for this phase of life is a gift. I will embrace change and navigate life's transitions with clarity and a renewed purpose.

I'll increase my knowledge and broaden my horizons. I'll nurture my dreams and passions, unveiling talents I never had time to pursue. In the realm of creativity, I am boundless and free. I'll thrive and I'll soar for I am a Renaissance Woman, forever evolving me.

I'll celebrate my achievements with pride.

I'll inspire and lift others as I climb as we are a community on midlife's journey.

Here's to the midlife woman, strong and free, living life with love and embracing power and destiny.

So, here's to me, a Renaissance woman, whole and forever evolving me, living my best blessed life, and experiencing "greater in my later"!

