

## **Another Year Wiser: Lessons from the Front Lines of 67**

Tomorrow is my birthday. Another trip around the sun.  
Another chance to reflect, shed, and recommit.

And let me tell you: this year wasn't easy.

It was raw. It was revealing. And it cracked me open in ways I didn't expect—but maybe needed.

So here it is. My personal, unfiltered truth:

This year taught me more than I bargained for. Here are the biggest lessons I'm carrying into this next chapter.

### **1. Waiting for Motivation is a Trap. Just Move.**

I spent too much time sitting in the swirl—waiting for clarity, energy, certainty. It never came. You know what did?

**Movement.** That's the real magic. Just start. One thing. Then another. Movement creates momentum, and momentum builds motivation. Every time.

I wrote a Substack on this very thing today—go read it if you can!

### **2. Love Alone Can't Fix It—But Presence Can Heal**

This year stretched my heart in a hundred directions, especially as I am watching my daughter go through a

painful unraveling. I can't fix it. But I learned that **showing up matters more than solving.**

You don't have to have the perfect words. You just have to stand beside someone in the dark without flinching.

This is what loving fiercely looks like. It's a recognition of your own limitations in what you can do and your endless opportunity to love fully. And that's enough.

### **3. The Body Never Lies**

When something's wrong—emotionally, relationally, spiritually—your body will tell you. Fatigue. Inflammation. Sleep disruption. Joint pain.

This year, I started listening more closely. Not judging. Not overriding. Just listening. I adapted my workouts, my supplement stacks and my bedtime routines.

Your body is the most honest friend you have—listen to her!

### **4. Boundaries Aren't Walls. They're Doors You Choose When to Open**

I've had to draw firmer boundaries this year—in work, in relationships, even in how much I'm willing to carry emotionally.

And here's what I've learned: Boundaries don't make you cold. They make you clear. They keep you from

bleeding out your energy on things that don't serve your purpose or peace.

## **5. You Can Tell the Truth Without Setting Fire to Everything**

I had hard conversations this year. The kind that shake your voice and test your gut. I said things I'd been holding for too long. And I learned: **you can be honest and kind. Fierce and soft. Direct and loving.** Truth is a balm when it's spoken from a grounded place.

## **6. There's No Expiration Date on Becoming**

I'm 66 right now today, and tomorrow I'm 67. And I've never felt more in motion. Stronger. Clearer. Not "done," not even close—but *becoming*.

This age is not a slowing down. It's a shifting up. A recalibration. A return to what's essential and real.

## **7. Sometimes, Magic Looks Like Folding the Laundry**

I've stopped waiting for big breakthroughs. Now I look for the quiet ones: The dinner cooked. The muscles sore from lifting heavy. The supplements lined up with care. The tears cried in the car, then wiped away so I can keep going.

That's the magic. That's the ritual. That's the loop that keeps me grounded.

I don't know what this next year will hold. But I know this:

**I trust myself more now.** I don't abandon myself for anyone. And I believe in movement, in truth, in strength, in softness. I believe in *becoming*, even at almost 67.

If you're listening to me now (or reading the show notes) and you've been feeling like it's too late, like you've missed your window—let me be your mirror:

It's not too late. You're not too old. And your magic isn't behind you—it's *just beginning to rise*, and I promise you, if you look at my lessons, you'll see they're yours too—let's do this together!