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## YOUTHFULNESS, IS IT REALLY ABOUT AGE?

### Articles:

\* Youthfulness, is it really about age?

\* The Holiday cycle again

\* Ten ways to feel successful

### Distinction:

Life vs. Lifestyle

### Simple Truth

“Life is a daring adventure, or it is nothing.”

Helen Keller

Recently I was observing an old man that I had not seen in some time. I had never before thought of him as old. What was it about him now that made him look all of his 80 years? It was not the white hair, or the loss of his figure, or the bigger nose and longer ears; it was the lack of vitality, energy, and lack of passion for the life around him. His essence had left his heart, and his being. All that he was, was dormant. As I contemplated this I wondered how I would make the distinction between youthfulness and oldness.

Youthfulness is about being vigorous, flexible, fresh, simplistic, playful, natural, passionate, engaged, juiced up, enthusiastic, spirited, full of motion and action. These words no longer fit this man. It is not that he is in the land of the living dead, but the pilot light is very dim. It made me sad, not for the wrinkles he now bore, but for intellectual powerlessness.

My point is that youthfulness is as much a state of being as it is a physical state. You can be old at 30 and young at 80. As we age our joints wear out, our body reflects overindulgence, and oxidation causes wrinkles, but our core essence is still intact.

## The Holiday cycle again

For some of us this time of the year is joyous and spent in cheer and good will. Many of us feel slightly out of harmony with the change in seasons, and the change in daylight. Some of us are affected by the changing cycles of the moon. Others are sensitive to their smaller daily cycles in hormonal levels or neurotransmitter output. Still others are affected by the start of a new school year. Cycles can affect us physically and /or psychologically. Holidays can trigger good memories or bad. Being aware of our feeling during different cycles can help us accept that at a specific time of the day, or year, we feel disjointed.

We are miraculously amazing complex and resilient creatures that are capable of rejuvenating our heart and soul, if we so choose. If we continue unhealthy habits, one day we'll wake up so far behind that cleaning up seems insurmountable, but it is not. There is always a light of hope burning inside of us. We know that we can be better than we are and even the slightest movement in the right direction can motivate and encourage. No one wants a mediocre life. Stop watching the television, and start making something happen.

Youthfulness is not about being a Baywatch babe. It is all about celebrating you, and the uniqueness you contribute to the world. Cherish that one and only you. Worship yourself by living up to your potential at any age.

We are all so gifted to have the power of choice and to be able to act on it. Recapture your youthfulness. Lose the weight, do something daring, spontaneous, and fresh, go to Europe on your own, buy the Harley, jump out of an airplane, find a new passion, or rekindle an old one. Live it up and rejuvenate.

I not only have tracked my hormonal cycles I am aware of who I am during a full moon. Journals are a great way to make the connection between cycles of change, whether large or small, and how we respond to them. If every year in the holiday season you seem not 'quite right', being aware of it eventually may lessen the impact. Of course, being aware of what brings on an out-of-balance feeling also allows you to make changes.

Become aware of the impact certain dates, seasons, and weather have on you, and be prepared. That way if something does come up regularly you can more fully understand it and be ready to deal with it.



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You are always welcome to e-mail me with any questions or thoughts.

### TEN WAYS TO FEEL SUCCESSFUL

1. MY SPOUSE AND I CAN'T WAIT TO BE HOME TOGETHER
2. MY STOMACH IS KNOT FREE ALL THE TIME
3. I LAUGH MOST OF THE TIME
4. I FEEL NO ANXIETY ABOUT ANYTHING
5. I DON'T FEEL THE NEED TO DO NICE THINGS FOR PEOPLE, YET I DO
6. I HAVE MEANINGFUL RELATIONSHIPS
7. I QUICKLY ACCEPT AND INTEGRATE EVERY SINGLE EVENT THAT OCCURS
8. I AM FULLY ENJOYING LIFE'S GIFTS
9. I GLOW FROM THE LOVE I GIVE AND RECEIVE
10. I HAVE A RICH LIFE WITHOUT BEING AN EXPENSIVE CONSUMER
11. I OFTEN FEEL AT PEACE
12. I TREAT MY BODY AND MIND WELL

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### DISTINCTION: LIFE VS. LIFESTYLE

A life is based on you, a lifestyle is based on externals. The key question is “How much of my life is being consumed by my lifestyle?” Do you own the lifestyle or does it own you.



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