



AGING TODAY

Projecting Positivity in 2019



By Bob Roth, Managing Partner of Cypress HomeCare Solutions

With the New Year comes reflections and projections. Figuratively a road map of the journey that directs us to use our wisdom and experience to plan for the future. I really like thinking about goal setting for the New Year as a projection rather than a resolution.

A resolution, the firm decision to abstain from or do something, feels so rigid and unforgiving. The word projection has 7 entries in the dictionary. The common thread that ties the definitions together is a transference of from one thing to another, be it an idea, an emotion, a picture, a sound, etc.

A projector uses light to transfer a small image to another surface to make it appear larger. I love this symbolism. In this New Year, how can we use our ideas and add energy to them to create something bigger? It is imperative to reflect on your experiences to determine what is meaningful and worthwhile.

I feel so blessed that my community of fellow baby boomers and those of the greatest generation have shared many experiences with me to help me assemble a list as a guide:

- Experience is what you get, when you don't get what you want
- Experiences far outweigh material things
- Anger isn't worth it
- Kindness matters
- Words matter
- Keep Moving
- Change is good
- Time Heals
- Do the work
- You can handle it
- Your body is a temple
- Gratitude magnifies happiness
- Never stop learning

- Never stop reaching
- Pursue your life's passion
- Touch heals
- Laughter is the best medicine
- Trust your intuition
- Make every day count
- It's never too late
- Aging is a privilege
- Age is a number
- Forgive others
- Forgive yourself
- The Key to life is love
- The key to love is time
- The Key to time is now

Starting off the New Year with a clean slate is invigorating. Allow yourself to be a work in progress. With gratitude, I am sending you heartfelt wishes for goodness in this New Year.



This column was published in [Lovin' Life After 50](#) and [Jewish News](#) as Cypress' monthly contribution.

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50
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