

by Rev Carolyn Jennings

I am fearless and courageous
about my aging process and know
I am always safe.
I always have the help required and desired,
both inner and outer support.

I know what to do and I do it!
I trust myself implicitly!

The Power of God within
blesses me with emotional and physical well-being.

I age gracefully, in joy and peace.

My sense of humor reflects the joy
of my Inner Spirit and the best of me.

I continue loving and appreciating my life!
I go easy on myself!
I make sure I have fun!