



*I have the experience and wisdom to achieve anything I want, regardless of my age.*

I can start something new at any age. In fact, my age gives me a distinct advantage over those who are younger. I relish the experience and wisdom that age has provided me.

I am confident that I can achieve whatever I put my mind to. I refuse to believe the lie that my age limits me.

As I look back on my life, I see all the things I've already achieved, and this gives me great confidence that I can achieve new things as well.

