



Suzanne Zoglio:
Talk About Living!

Why are some forever young?

Your driver's license is generally accepted as proof of your age. Young people show it to get served. Seniors show it to get discounts. Some of us hide it so no one will know our true age. But does your date of birth determine your real age, or does something else come into play?

My belief is there is one important factor that separates the "forever young" from the "almost done" - their passion to expand, grow and create. A 92-year-old still has the vision and energy to launch a new art gallery. A 70-plus grandmother returns to college. A sixtyish, overweight businessman launches an all-out fitness campaign...and maintains it for years. Giving birth to something new whether that be a new business, a new learning, or an enhanced body takes creativity. In the process of creation, it seems, lies certain rejuvenation. We try something new and feel renewed...younger, if you will.

Passing on what we know, creating a better place, finding a new way to connect with the next generation - these are all future-focused endeavors that are better than the proverbial fountain of youth. So how can you sip from that fountain and turn back the clock?

You might start with a question. What would I do if I were ten years younger? Take guitar lessons? Start painting again? Adopt a pet? Home-school a grandchild? Go on a safari? Coach little league? Try speed dating? Volunteer for the Red Cross? Tutor a mentally-challenged child? Start your own business? Write a book?

Whatever your answer, you might next test your assumptions about being too old to launch the new venture. True, if you can't bend down to pick up a ball, Little League coaching might be out...until you start working out. But, what's stopping you from pursuing the other adventures? Maybe you just need to adopt a why-not attitude. Most forever young people I know say they don't give much thought to why they *can't* do something new. They just gave it a shot...as naturally as someone might scratch an itch.

As children, we hop on a two-wheel bike because we want to. We climb to the top of the high diving board, never measuring how high it really is. We explore scary places, push to our limits, and dream of flying. We believe we are invincible...or at least capable. Only later, after a few failures, do we stop swimming in the deep end.

If you'd like to be among the "forever young," try to remember the thrill that you felt when you last tried something new. Recall the joy you felt when you did something just because you wanted to. Be a work in progress. Adopt an attitude of not being done. Always have a list of things you intend to try at your next opportunity. The forever young have figured out that enthusiasm, passion, and zest for life do not come from how many years we live, but rather from how many ways we add life to our years.

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