

40 Wisdoms on Aging

1. The longer we live, the more we realize how special we are.
2. There is always a fountain of youth available to us – it flows from our minds.
3. For the pessimistic, old age is like winter. For the optimistic – it is the season of harvest.
4. People are meant to get wiser as they get older.
5. Only look backward to seek a better present.
6. Anyone who maintains a sense of humor never grows old.
7. When the number of our age becomes our identity, we've given away our authentic identity.
8. The saying “Young at heart” needs to be changed to “Old at heart” because it has deeper meaning.
9. The winter of life has significance of its own – it is not merely an extension to the summer of it.
10. The wiser mind embraces being considered an elder.
11. Let us count our age by experiences and memories, not numbers.
12. Love each year of aging – it is a blessing which many are denied.
13. Aging can be hysterical instead of numerical.
14. Finding comfort in whatever stage we are at, is the mind of an enlightened one.
15. As long as we are alive, our history is continually unfolding.
16. We are always an example, no matter our age.
17. Each week we live, holds within it, a miracle.
18. At all times, we need to find our reason for being here.
19. Aging is like cheese, the more we age, the stronger we get.
20. A graceful and honorable old age is the childhood of immortality.

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21. Some people are born old!
22. Let us respect gray hair, especially our own.
23. No wise person ever wished to be younger.
24. We must be true to our nature, no matter our age.
25. Years are meant to birth sages.
26. The winter of a well-spent life brings the sun with it.
27. The golden age is the olden age.
28. No one is considered old when staying young at heart.
29. Life becomes lighter when we age because everything becomes clearer.
30. When we find company in ourselves and our memories, we cannot feel old.
31. The greatest happiness is when we pass the baton of our wisdom on to another.
32. Love is present and available, no matter our age.
33. Gray hair is the crown of glory – and that's a true story!
34. Our happiest time in our life is our happiest time – no matter our age.
35. If we are here – we have more to learn.
36. Aging is not decaying – it is a ripening of our souls.
37. The evening of life brings with it many lamps.
38. Let us never forget that hope springs eternally.
39. Age must never lessen the enjoyment of life.
40. Remember, the oldest trees emit the most fragrance.

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