



**New Year,
New You!
2020
Program**

New Year, New You

2020

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Welcome to 2020!

We are so excited to introduce you to the New Year New You program 2020! With a new year brings new goals, experiences and opportunity to work on improving our way of life.

It feels like we just got started on 2019 and here we are again at another new year. It is scary how fast time can fly by us, it's something we do not have any control over and will never have control over. The only thing we have control over is how we use the time we have. That's why we love this program and why we love the concept of the 100 Year Lifestyle. It shows us that we really do have all kinds of time to do with what we want, but the thing is, if you don't have strategies and set yourself up to succeed, you will never reach your goals.

That is why we are rolling out the New Year New You program. We want 2020 to be your healthiest and most successful year yet.

You have already completed step one by picking up this package. Now please take the time to read through and fill out your forms. It will help you in all aspects of your life. Here are some key points to help you with success:

- Don't do it alone. Find a friend and encourage each other to get the most out of your 100 year lifestyle. Hold each other accountable to keep on track!
- Get clear on your goals. Really fine tune exactly what you want to accomplish this year. After you have clear goals you are able to put a plan together of how you are going to get there. This package will help you through this process.
- Have fun! This is a blank slate for which to build your future. Let's have an amazing 2020!

Get Your ESS in Shape

Getting your ESS in Shape is important for your health, quality of life and longevity, so get moving. Regular exercise is an important part of self-care and nobody can do it for you. Exercise keeps our minds and bodies healthy. You can do this at any level and any age to make the fitness part of self-care fun and exciting. If you are not currently exercising, are you waiting to be forced into it by a crisis? If you are already exercising, take it to the next level and Get Your ESS in Shape. Your ESS is made up of your: Endurance, Strength, Structure.

Endurance = Longevity

Life is a marathon one sprint at a time. Based on your current habits and health, would you trust your body to take you on a long-distance trek in an emergency? If you had to count on your body to save a loved one, would you be able to? If you had to run away to escape danger, could you? Your endurance is important for all these activities, and it is important for longevity.

If you have good endurance, you will enjoy a great sense of stamina and activity now and while you age. Your energy will be high and you will feel like doing things. You will not be left home alone while your partner goes off to experience the world. You can increase your stamina through cardiovascular, aerobic, exercise that strengthens your heart, burns calories, and increases your energy. Running, cycling, swimming, and power walking are just a few examples of types of exercise that will increase your endurance.

Endurance training is very important to keep your heart and lungs healthy, eliminate stress, and strengthen your immune system. Always exercise with a heart monitor to maximize your results and achieve your goals, while also ensuring that you exercise safely so you can be at
Strength = Independence

Motivational Strength-Training

Strength training is also important for healthy aging because you are going to want and need strong muscles to keep you confident and maintain your independence as you age. We've all seen an older person struggle to get out of a chair. If you have good strength, you are more likely to remain self-sufficient and independent. Strength training can be done through weights, yoga, and Pilates. When you set goals for strength training and continually strive to achieve them, you will be excited to see that your strength can increase as you age. Your muscles can stay strong and defined. The sagging skin and muscles often come from not keeping your body toned through strength-training exercise.

If you are already an experienced strength trainer and have a routine, shake it up a little bit. Try increasing your weight by 10 percent to 20 percent. Get somebody to spot you if necessary and try to squeeze out a few more reps. Vary your exercises on each body part. Personal Trainers and many of the neighbourhood fitness centers and chains, like CrossFit, have become extremely popular because they set up your routines and vary them for you. Work out with a partner and challenge each other. You will begin to see a better result. Always maintain good posture when you strength train to ensure that your form is good and your spine stays healthy during your training.

Structure = Activity

In countries where longevity is much higher than the U.S., good posture and a healthy spine are a very high priority. Your structure includes your body shape and physical frame. Keeping your structure aligned and balanced will keep you looking good and help to prevent injuries while you exercise. This will also help insure that your nervous system stays healthy which will keep you healthier on every level.

How is your structure now? Have you measured yourself lately and set goals for your structure so that it is in the shape you desire over your lifetime? You can measure your structure with your eyes at first and decide how you want to change your shape, or get a tape measure and record your specific measurements. This will give you a starting point for goals that you want to set.

Another important way to evaluate your structure is through a posture test. Stand in front of a full length mirror with your eyes closed. March in place for five seconds, stop, hold still and open your eyes. Is your head tilted to one side? Are your shoulders and hips level? Are your feet straight, turned in or pointed out? Are you hunchback or swayback?

If you are unbalanced, you will be putting unnecessary strain on your structure, spine and nervous system when you exercise and run the risk of injury to your structure and nervous system. Don't wait for a crisis to force you to take action. Now is the time for a chiropractic check-up.

Take it to the highest level: Neurology and Nutrition

Neurology = Function; Nutrition = Fuel

Neurology comes first! Your nervous system controls and coordinates all of your body functions including your muscles, organs and systems. You must have a healthy nervous system for your heart to beat, your lungs to breathe and your balance to be stable. This is why many of the top athletes and performers in the world utilize chiropractic care as a central part of their fitness program.

Your nutritional habits will fuel your life. Consuming a diet filled with organic fruits and vegetables, lean proteins, very low in sugar and processed foods, should be the way you eat as a lifestyle. Isn't it time you get off the weight loss roller coaster, cleanse, and make healthy eating a daily habit? This will sustain you not just while getting into shape but will keep you healthier as you age.

We've all heard the expression "if you don't use it, you lose it." This is absolutely true with your fitness. It's time to get your ESS in shape and live your ideal 100 Year Lifestyle.

<https://www.the100yearlifestyle.com/get-your-ess-in-shape/>

The 100 Year Lifestyle Assessment

As you now know, the odds of you living to 100 are increasing every day.

What will your quality of life, health, relationships, and finances be like when you get there? Will you make the most of your journey?

Take this Assessment now and make the lifestyle changes recommended in your score to ensure the quality of life you deserve.

	1- Never	2	3	4	5- Always
I am excited about the possibility of living to 100					
I have many goals that I would like to achieve over my extended life					
I am willing to make changes to improve my quality of life as I age					
I have youthful energy in spite of my age					
I enjoy a full night of restful sleep and feel energised each morning					
I can consciously shift my energy whenever I want to					
I am aware of the diseases in my family history					
I am motivated by quality of life health goals rather than crisis management					
I feel good about my current health condition					
I exercise 4 to 5 times a week and am getting the results I want from my fitness routine					
I eat healthy foods and supplement my diet					
I visit healthcare providers proactively to stay healthy and avoid unnecessary health problems					
I live in peaceful, stress-free home environment					
I work in an environment that nurtures my talents and where I feel appreciated					
My home and work environment reflect my inner feelings and voice					
I support myself through choices I know that are good for me					
I actively seek out opportunities and enjoy learning new things					
I am surrounded by supportive relationships at home and work					
I have achieved the balance I am looking for					
I am able to separate work time from play time					
I have a clear picture of how I want to use my time during my extended life					
My current financial path can sustain me until I reach 100					
I am passionate about work and the way I earn money					
I am living within my means and saving money regularly					
I feel like my life has purpose and I am making a difference					
I am actively involved in my community					
I have a mentor and I use my leadership skills to mentor others					

Add up your score _____

See "what your score means"

<https://www.the100yearlifestyle.com/the-100-year-lifestyle-assessment/>

What Your Score Means

If your score was 0 to 35:

Slam On The Brakes and Change Your Life.

You are either in denial, at the end of your role, or just don't care. At the rate you are going both your mind and your body are headed for trouble. You are taking years off your life and will be a financial burden to your children or society. It's not too late to turn things around. Keep reading and embrace the Three Life-Changing Principles of the The 100 Year Lifestyle to make the remaining years of your life the best. Take the Lifestyle Leap and pay close attention to the Tree Life-Changing Principles in Chapter 2 of the book.

If your score was 36 – 70:

Stop Killing Yourself Slowly.

At the rate you are going you are headed for a deteriorating and depressing extended life. You have no vision, poor habits and lack a sense of purpose. You are using crisis as the motivation to take action on the habits that you know are good for you, rather than embracing the quality of life you deserve. Stop compromising on yourself. You can simply, steadily and easy make 100 Year Lifestyle changes to enjoy your longevity with the health, passion and meaning to make it all worthwhile. Take the Lifestyle Leap and enjoy youthful energy and enthusiasm that you will learn about in Chapters 3 and 4 of the book!

If your score was 71 – 105:

Get Ready to Go from Good to Great.

You are probably on a roller coaster filled with ups and downs. You are enjoying your life, but you are out of balance with swings that go too far to the extreme. Some things are working well for you, while other areas of your life are out of control. Address the areas of The 100 Year Lifestyle that will impact your life the most and you will find that your life gets easier, your results go up, and you start having a lot more fun. You will add better health, financial security, peace of mind, and purpose to an already solid foundation. Take the Lifestyle Leap and discover how to attract new friends, find new passions, and achieve the balance you are looking for by embracing the ideas in Chapters 14, 15, 16 and 17 of the book!

If your score was 106 – 140:

Enjoy a Sensational Century.

You are on your way. You are living your dreams while you plan for the future, both at the same time. You enjoy your work and feel like you could do it forever. The good news is that by following this plan, it won't be something you have to do, but something you can choose to do if you want to. You are in good health, you have goals to achieve, and a world of opportunity ahead of you. Embracing The 100 Year Lifestyle will ensure that you enjoy your legacy while you are alive, enjoy youthful energy and passion, and make the most of this precious gift called your life. Take the Lifestyle Leap by refining your life vision, having more fun than ever, and making your life matter by adopting the concepts in Chapters 17, 19 and 20 of the book!

The Three Life Changing Principles

The Three Life Changing Principles of the 100 Year Lifestyle will empower you to make the changes you know you need to make, and then make those changes the new, better, more exciting, fun, healthier life you deserve. Since the odds are that you are going to have nearly a century or more ahead of you, why not make these changes today so you can enjoy a better quality of life for decades and mold your life into everything you want it to be.

1. The Magnet Principle

Change Is Easy—Thinking about Change Is Hard. You've probably already experienced this: Resisting change is much harder than embracing it.

If you've ever played with magnets, you can understand the power behind Life Changing Principle #1. When you hold two magnets near each other with the like poles pointed toward each other, they repel one another no matter how hard you try to make the two ends meet. However, once you flip their orientation so the opposite charges are facing each other, they effortlessly attract and stick together. Then, instead of requiring energy to hold them together, it takes enormous energy to pull the magnets apart.

Centenarian Secret

Resisting the things you know you need to change polarizes your life. This keeps you stuck. However, when you embrace change, the pieces of your life will fall naturally into place and stay there, just like the magnets.

What do you want to change? What is your Innate Intelligence screaming at you to change? Do you want to be thinner, smarter, better paid, more loved, or healthier? What will you do to attract these things with ease? It's time for a magnet flip. Trust your Innate. Let your quest for quality and not crisis motivate you if you are ready to upgrade to your ideal 100 Year-Lifestyle.

While you are in the process of thinking about what you want to change, things may look and feel difficult. Vacillating between crisis and quality-of-life motivation can keep you on an emotional roller coaster—with respect to your health, your marriage, your kids, and your finances. But, once you've made the commitment to change—and I mean really made it—then you will find that many of the things you have been struggling with will fall into place. Activities and choices that aren't in alignment with creating your best life will lose their appeal. Like flipping the magnet, you will begin to attract the people and resources you need to reach your greatest dreams and goals once you shift your belief about what you think you can accomplish.

2. The Persistence Principle

Change Happens One Choice at Time—Think Progress, Not Perfection. As you learn how to make the changes that will support your best life today and in the future, remember that you may not see results right away.

Change takes place in the moment of choice – and the results occur over time. We “titrate” into it slowly. I've borrowed the term titration from the chemistry experiment most of us conducted in school. You know the one. It was the lesson where your teacher gave you a glass beaker filled with a clear liquid and a dropper with another chemical solution. You were asked to take the chemical and drop it into the beaker one drop at a time and record how many drops it took to change the liquid's color. Do you remember how nothing happened at first? You would drop, drop, drop and it would still be clear, but then suddenly, one last drop, and the liquid's color would instantly change!

In the process of chemical titration, you are determining the exact number of drops necessary to produce the desired effect or change in the solution. The question many students found themselves asking was “which drop was the most important?” Some believed it was the first drop because it began the transformation. Others thought it was the last one

because that's the one where they actually saw the liquid change color. The truth is that they are all of equal importance, because without any one of them, the solution would not have changed.

This is how the results from the changes you make often appear. You have to lose one pound at a time before you finally shed 50. You have to walk a minute before you can make it a mile. Change arrives one input at a time, one choice at a time. It is an accumulation of actions that will color your life with joy or suffering—depending upon the quality of your choices.

Centenarian Secret

Many of us make toxic choices that limit our life. In fact, they often come disguised as rewards. For instance, have you ever reached for a cigarette as a reward at the end of a hard day or downed another dessert as an emotional pick-me-up? Were the five minutes of enjoyment worth the three days of guilt and two weeks of trying to get back on track? Your true reward comes from the self-esteem and love you give yourself when you honor yourself with each choice. Make the rest of your life the best of your life by committing to the changes you need to make today, and then recommitting to them every day, each time you are faced with a choice. If you want to be nicotine-free, you have to make that commitment and then recommit to it every minute of every day. If you want to invest money, then you have to make that commitment and recommit to walking away from empty purchases each day. If you want to be healthy and fit, then prove it to yourself every day with each choice.

If you find yourself getting off track from your goals, it's okay. Think progress, not perfection. You can nudge yourself back on track with your next choice knowing you are in the process of clarifying and building your vision.

3. The Compelling Principle

Approach Change with Your Ideal 100 Year Lifestyle in Mind. Walk into the path of your "bigger picture" and use your vision as a light along the way to keep you on inspired.

It's time to go for the gold, whatever that means to you, as you start approaching your life with a fresh, new perspective. It is a shift that will allow you to keep your brains, your looks, your possessions, and your mojo as you age. It is a shift that will allow you to live your ideal 100 Year Lifestyle without compromise. It is time to draw a line in the sand and declare that the balance of your life will be the most fun, exciting, and fulfilling times you have ever experienced.

First, you need to get in touch with what you really want and deserve. This can sometimes be challenging, particularly when it is out of step with the values of your family or peer group. However, if that's the case, you may have been more of a follower than a leader and it's time to take back the reins. Now is your time to step up and take charge. You'll soon see that you will not only start creating positive change in your own life, but also in the lives of people around you. You'll be a healthy influence. Expect some relationships to deepen and some to be strained or fall away. You will open the door to magnetically attracting support for your 100 Year Lifestyle from all kinds of unexpected people, places and resources. As you begin to customize your vision, don't settle. Dare yourself. Stretch yourself. Go for the goal that burns brightest in your gut.

Although you don't have complete control over how long you'll live, you have control over your attitude and your choices that impact the quality of those years. Assume you are here for a reason. Spend your days discovering that reason. Relax into the ebb and flow of life. Trust yourself, your Innate Intelligence, and begin to connect with your core like never before. Find the meaning and opportunity in everything. When you do that, the length of your life won't matter as much even though you will probably live longer and definitely enjoy the journey that much more.

<https://www.the100yearlifestyle.com/the-three-life-changing-principles/>

Your Personal Energy Inventory

You can have youthful energy at any age, starting right now, if you are willing to take this Personal Energy Inventory and make some changes. Make these tips a habit and you can enhance your quality of your life for decades to come.

The Law of Conservation of Energy states that energy can neither be created or destroyed. Energy can, however, be transformed.

You can do this right now. Energy drainers and energy enhancers are very personal, so it is critical that you listen to your Innate Intelligence. What may be an energy drainer for one person may be an energy enhancer for another.

There are some activities that universally charge us up or deplete us. For example, most people are energized by quality time with family and friends, or reading a good book. On the other hand, some universal energy drainers include overworking, overeating, drinking too much alcohol and taking drugs.

Here is a sample list of activities that will help you identify and measure how well you are using your potential energy. It will help you evaluate the choices you are making as they relate to your energy, and whether they are helping or hurting you. Each action is either a credit or debit toward your energy bank. Use your answers to help you shift your energy to live your ideal 100 Year Lifestyle right now.

Check off the statements below that apply to you:

My Energy Enhancers:

- Speaking my truth
- Quality time with kids
- Being honest
- Following through
- Reading good books
- Keeping promises to myself
- Being grateful
- Prayer
- make time for playtime
- Eating healthy
- Getting chiropractic adjustments
- Supplementing my diet
- Date night with spouse
- Quality time with friends
- Focusing on the positive
- Having faith
- Expressing gratitude
- Standing up for myself
- Staying on task
- Letting go of the things that are out of my control
- Taking action on my goals
- Making time to exercise
- Good posture
- Massages
- Saving money
- Being involved in things I believe in
- Celebrating special occasions

My Energy Drainers:

- Sugar
- Caffeine
- Not exercising
- Arguing with my spouse
- Stress
- Spinal Subluxations
- Drama
- Interruptions
- Being overweight
- Over-scheduling my day
- Saying yes when I mean no
- Overworking
- Not taking Play Time
- Taking abuse
- Worry
- Slouching
- Overanalyzing
- Trying to change other people
- Being a people pleaser
- Stressing out
- Mindless television
- Not having a purpose
- Not completing things that I start

Which characteristics describe you most? On which activities do you spend most of your time? Do you tend to do things that fuel you? Or do you find that most of your time is spent on activities that deplete you? Your Personal Energy Inventory is a reality check on where your energy is being distributed. Don't perceive this as a list of problems or a way to defend why things are the way they are. Instead, it is a way to raise your awareness about where all your energy is going and how to get it flowing back into your life instantly, and keep it there, so you feel younger every day.

Every energy drainer has an energy enhancer that can take its place. You just have to train yourself to make that choice. Very often, we find the energy to change by saying no to the activities, habits, and patterns that drain us. Not doing can be just as important as doing.

How you think can also be an energy drainer or an energy enhancer. If worry is a big energy drain for you, try turning your worry into faith. After all, worry never made a deposit into a bank account, healed a disease, or changed the weather.

Converting worry into an energy-enhancing attitude can free you to direct your energy towards powering change, health, new business, quality relationships and personal growth. As you feel your energy grow, it will enhance your creative spirit and set you on the path that will bring you all of the answers and resources to drive your fun, exciting and adventurous 100 Year Lifestyle. You will no longer dread the changes you know you need to make and you will take action. You might consider reading a book on a subject you are passionate about, scheduling a trip that you have always wanted to take, making an appointment with your chiropractor, nutritionist, or personal trainer or decide to let go of your need to control. It's your list. Trust your Innate to know what is best for you.

Make the Change- Your Personal Energy Inventory

On the left side, list your most draining personal energy drainers. On the right side of this box, list your most enhancing energy enhancers. Add to this list every day as you go through your day and experience things that wear you down or inspire your energy. Once your list is complete, live on the right side of this box and sustain youthful energy regardless of your age.

Energy Drainers	Energy Enhancers
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Once you take your Personal Energy Inventory, you can consciously begin to make choices that support your high-energy 100 Year Lifestyle. Eliminate the things that drain you. Focus on the things that energize you. When you do this, you will find that you innately have the resources you need to change your life. In fact, not making the change is an energy drainer. The commitment to change ignites a spark for instant energy. Recommitting to that change with every choice provides you with a continual feed. This is how you will generate the currency to power your ideal 100 Year Lifestyle.

<https://www.the100yearlifestyle.com/your-personal-energy-inventory/>

Your Minimum is Not Your Maximum

What is your minimum life expectancy? Your maximum? How about for your children? What will your quality of life be like along the way? These quick calculations and facts can be a real wake up call for you and your loved ones.

Calculate Your M-PYR™ (Pronounced “empire”)

M-PYR stands for Minimum Potential Years Remaining. It takes into account what you know about your personal family history and compares this to your current age to determine the minimum number of years that you have left.

Calculate Your M-PYR Now:

1. What’s the age of your oldest grandparent ever (living or deceased): _____
2. Your current age: _____
3. Your M-PYR (2 – 1): _____

So what’s your M-PYR? If your oldest grandparent ever was 90, and you are currently 45, then you have an M-PYR of 45. This is your MINIMUM potential years remaining. If your oldest grandparent ever was 82 and you are 77, then your M-PYR is 5. If your oldest grandparent ever was 102 and you are 32, then you have an M-PYR of 70.

If your M-PYR is longer than you thought, look at your choices and evaluate their long term benefit to you. If you don’t do this, you may be setting yourself up for a sick and deteriorating future, even though you may feel fine today. If you are a procrastinator who is already suffering from an unhealthy lifestyle, a long M-PYR can be very motivating. After all, there’s only one thing worse than suffering, and that’s suffering for another 25, 50, or 75 years.

Committing to healthier lifestyle choices, including taking care of your spine and nervous system with chiropractic care, can ensure that your remaining years are good ones and not years of sickness, poverty and loneliness. Healthy choices now will improve your life now, and as you age.

If your M-PYR is short, than you will surely feel a sense of urgency to get your act together. Waiting for a heart attack to eat healthy and exercise is a bad idea.

Waiting for a diagnosis of cancer to eat healthy, exercise and strengthen your immune system is not a good idea. Just because society is crisis motivated, doesn’t mean that this is the way that you should be. Why wait for a crisis? Look at family photos of your parents and grandparents. Do you like the way they have aged? Do you think that if they knew they were going to live as long as they are, or did, that they would have made different choices? You are getting the advance notice that they never received. What will you do with this information?

Your M-PYR is not your MAX-PYR™

Your M-PYR is not your MAX-PYR, or maximum potential years remaining. Who knows what your number could be? If you ate healthy, exercised, took care of your spine and nervous system, had good relationships and a sense of purpose, what would be the limits of your longevity?

New research in the Lancet found that more than 50% of babies can expect to live to 100. If you make healthy choices you are much more likely to enjoy a quality life for your entire lifetime.

Consider the man whose M-PYR was -1. He had already outlived the oldest relative in his family, and he was really happy about it. He was healthy and functioning at a very high level. He had a great perspective on his life and he was very glad to be here.

Your M-PYR is not your MAX-PYR. Make healthy choices.

<https://www.the100yearlifestyle.com/your-minimum-is-not-your-maximum/>

Action Plan for Lasting Change

Is there some area of your life or personality that you know you need to change? How long have you known you needed to make this change? A week? A month? A year? Is not making this change causing you some level of suffering? Here's some important news for you. It's not going away until you make the changes you know you need to make!

Centenarian Secret

Aging poorly is not inevitable. The quality of your life will depend on your choices. Based on your parents' and grandparents' experiences, you'll see where you're headed unless you choose a different path. Keep this in mind as you nurture habits for living your ideal 100 Year Lifestyle.

Maximize Your Potential – In Every Area of Life

In each of the following areas, write in the changes you want to make with your ideal 100 Year Lifestyle in mind:

Your health?

Your environment?

Your schedule?

Your finances?

Your relationships?

Your career?

How you spend your free time?

How you use your talents?

How you manage stress?

The way you treat people or how you allow them to treat you?

The way you think about your past?

The way you approach your future?

Make these changes to your lifestyle and learn to love the things good for you. Here's how you can start:

Action Plan for Lasting Change

- Take your Personal Energy Inventory and become aware of all of the places that you let your energy leak out into the atmosphere. Choose energy-enhancing thoughts, actions, and feelings and begin to make them a part of who you are.
- Choose energy-enhancing first thoughts, actions, and feelings and reinforce them throughout the day with personal affirmations.
- Monitor your breathing, heart rate, and posture. Begin with your breathing and posture immediately because they do not require any equipment. When you are ready, invest in a heart monitor and tune into your heart rate. You will be amazed what you learn about yourself during this process.
- Choose high-energy foods and activities. When given the choice of low-energy foods and activities, choose high energy. Choose a power walk over being a couch potato. Choose high-energy foods over low-energy foods. Choose healthy interactions with other people rather than destructive interactions.
- Stop and choose. When you catch yourself unconsciously doing things that you know you want to change, shift your energy. Literally say to yourself stop and physically and emotionally stop yourself. Now make a new choice that supports your ideal 100 Year Lifestyle. Initially you may feel like a tennis ball bouncing back and forth 100 times a day. Eventually you will settle into your human potential pattern, and it will be your lifestyle. You will love it.

Take action. The only time is now to live your best life- Your 100 Year Lifestyle.

<https://www.the100yearlifestyle.com/action-plan-for-lasting-change/>