



Litany of Elegance

- Blessed is the woman who ~**
affirms herself each day.
believes that beauty comes from within.
challenges media stereotypes of aging.
dares to try something new after fifty.
envisions change as an opportunity.
- Blessed is the woman who ~**
focuses on the “bigger picture” –not just herself.
grants herself permission to make mistakes.
handles adversity with dignity and grace.
initiates dialogue with her younger counterparts.
joins a group trying to make a difference.
- Blessed is the woman who ~**
knows the difference between aggression and assertiveness.
learns the difference between sex and love.
manages her money wisely.
nurtures the young with her wisdom and experience.
opens her heart to the less fortunate.
- Blessed is the woman who ~**
prioritizes her needs with integrity.
questions The Establishment when she sees immorality.
relishes her role as mentor and legacy leader.
speaks with quiet authority.
trusts her instincts on when to act.
understands that aging gracefully is something to be proud of.
- Blessed is the woman who ~**
values her own worth.
wears her silver hair and wrinkles like a badge of honor.
opts to X out negative thinking.
yearns for that which is substantial and not superficial.
zeroes in on the qualities that will help her become...
a woman of Elegance.

~~ Chloe Jon Paul

