Overcoming Age Status Insecurity

Being young in a youth worshiping society affords many privileges: we're a part of something. We belong. As we get older, our status diminishes and we're prone to feeling that we most certainly do not belong. Unsure of our worth and riddled with status insecurity, we pressure ourselves to look and act younger—to fit in. And we feel despair when forced to face the inevitable.

To overcome these feelings, read the following affirmations to yourself or to a trusted friend on a regular basis….

#1: I release all feelings of embarrassment, fear and shame, as well as the need to apologize, explain or defend myself when I'm asked, "How old are you"

#2: From this day forward, I greet my older self with love, acceptance, compassion, support and understanding.

#3: I summon the courage I need to move forward and let go of old fears, hurts, regrets, expectations and self-limiting ideas about my age that keep me from harvesting the joy, peace, curiosity and love in each day of my life.

#4: I do whatever is necessary to put my house in order, simplify and un-clutter my life, and I pay the good forward.

#5: I cultivate the emotional strength to make peace with life, let go and find joy in each and every moment.

Finding and affirming your true value, worth and wealth is a matter of self-care, compassion, loving-kindness and true generosity, not chronological years.