



When I say old, what age pops into your mind? Now double it. Picture a woman at that age. Who would she be? What wisdom would she hold? What would she be able to tell you? What if you became that woman? What would you have to say about your life?



Imagine yourself at 100 years old. Who is she? What does she look like? Where does she live? What has she done? What makes her smile? What is she proud of? What do you most remember?



Now have 100-year-old you talk to you when you were a little girl. What wisdom would she instill in her? What would she tell her to push aside? What would she tell her is important? What to ignore?	



That 100-year-old you is filled with wisdom. And she has a gift for you. What is that gift?



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