

The Truth About Age ©

Age is not just about a numerical digit
But your time and what you did with it

It's about your positive energy and longevity
Your zest for life, thrive and vitality

Despite your age, you stay young at heart
Inside, remaining that child you were from the very start

Through the years, you continually grow and refine
As your inner self radiates and brightly shine

At a young age of twenty-three
You were anxious for all there was to see

But even at a mature thirty-five
You still felt excited and much alive

Now, being a vibrant and sexy fifty-six
Don't worry about what to repair or physically fix

Like contemplate any snip and tuck
Or a little here and there lipo-suck

Don't dreadfully count the passing years
But laugh and enjoy the happy tears

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Interact and cherish family and friends
Attempting to see things from their perceptual lens

Celebrating and cheerleading each other
Valuing and respecting each as a sister or brother

Simply live life to the max and utmost
Like travelling the world from coast to coast

Not randomly checking boxes on a bucket list
But trying new things that you cannot resist

Never say that you're getting so old
But become more daring, fierce and bold

Live a fulfilling life and nourish your soul
Don't let life's challenges take a devastating toll

With new opportunities, you open each new door
Be willing to question, seek and explore

Life is about evolving through developmental stages
Better understanding as you turn the multiple pages

Each chapter you'll have a different point of view
Because each time you are a different version of you

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Again, age is not only about counting a number or digit
But the evolution and refinement of your everlasting spirit