Worksheet – “Mind Power” & “Let Positive Replace Negative”  
*By Nancy Cosgriff*

Objective: You can become more aware of the negative biases, stereotypes and prejudices about growing older that are common in our culture and that you’ve absorbed. And yes, you can choose to change them!

**MIND POWER**

The mind is a powerful tool. By focusing on what you do want - rather than thinking about or resisting what you don’t want - you are allowing positive images to replace negative images and stereotypes. Let’s see how this works with a silly example.

a. First, try this: “For 30 seconds, don’t think about a pink elephant.” What do you notice?

b. Now, “for 30 seconds, think of a beautiful place you love to go.” What do you notice?

Now let’s get more serious and apply this principle to our imprints and stereotypes. Can you name a negative image of aging that is not serving you well? What impact does this image have on you?

Now, craft an alternative, countervailing image you would prefer to hold instead. Write it down in detail. Read it aloud and imbed it deeply in your consciousness. If you can, draw a picture and remember this image can allow you to “go toward what you do want”.
LET POSITIVE REPLACE NEGATIVE

An important aspect of thriving in the second half of our lives is holding a positive attitude about aging and creating a corresponding midlife or Third Age identity. Use the following questions to help you assess how well you are doing in this regard, and to identify areas for more focused attention.

1. Describe what you see when you look in the mirror? (Be gentle with yourself!) What do you think this description says about your sense of self at this time of your life?

2. Do you think you look younger, older, or typical for your age? Does this matter to you, and if so, how?

3. What does your inner self look like?

4. To what extent do you feel “young” or “old” in the course of your daily activities? What contributes to that feeling?