

LIVE LONGER BY BEING CREATIVE

How much more eye for beauty you get if you consciously learn to widen your perception! Suddenly much more appears for your eyes, ears, tongue and nose. You never need to be bored anymore when you are entertained by your own theater of senses. The delicious sensation you get by turning off your active mind. Read these tips for an even longer life and recognize the creative skills, techniques and attitudes.

- 1. **Don't go with the flow.** Resist stereotypes about aging. These deprive not only your view on your own abilities, they are also very harmful and life-shortening.
- 2. **Consider your life as a journey.** Across the borders of the known, discover new ways and take a risk.
- 3. **Do something you think you can't.** Experiencing how fun it is, learn to know more about your hidden qualities.
- 4. **Live the moment.** People who focus on the process of their activities sharpen their evaluation. They discover playfully more unexpected solutions and possibilities.
- 5. **Follow your passions.** Follow your own desires, set your own personal goals.
- 6. **Don't mind if somebody says: 'you're too old for this'.** When people do anything unusual as they get older, we say they are eccentric or senile. Within such restrictive views growth, flexibility and new initiatives are impossible. In order to keep renewing ourselves, we must not fear the judgments of others, compare ourselves with others and we should lay preconceptions beside us.
- 7. **Love and connect.** Did you know that social isolation is more deadly than smoking!
- 8. **Widen your perspective.** People who look only from one side, are vulnerable. Because they are limited in their choices, they may lose control over their lives if the smallest or slightest change pops up.
- 9. **Plan no retirement, stay active.** Productivity is key to maintain your physical and mental vitality.
- 10. **Have fun!** Being once crazy and childish, let you really go and having a good laugh. This is saying: 'yes' to life.

Have an inspiring trip,

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Safety inspections
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Driven by ideas

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