

# Hello!

My name is Susan Macintosh and I coach women over 40 who want to reclaim their youth and get more out of their lives. With my background in nursing, life coaching, neuroscience, NLP, clinical hypnotherapy and nutrition, I give my clients solutions to living, thinking and staying young.

Over many years I have created a proven, holistic way to live life with more ease and pleasure. This allows you to physically and mentally live life younger, regardless of what age you start.

While I can't stop you from getting older, I can help you to live life without the usual problems of aging and craft a life filled with passion and a sense of purpose where each day is filled with pleasure.

Helping women over 40 restore their vitality and zest for living is more than just a business to me. It's a way of life. It's the way I live!

I'm fascinated by the mind/body connection and how they work together to our benefit and detriment. I'm passionate about harnessing this amazing connection to create the best possible version of myself and my clients. I love sharing my knowledge and experience with women who crave better health and more energy regardless of where they are on life's journey.

I believe that our mind and body have an innate ability to stay well and with the right help, to heal itself. We can turn back the aging clock regardless of our age and we can create sensuous, relevant lives. I share this and more with my clients and the women in my community.

Anyway, that's enough about me.  
This report is about you... and how you can think young and stay young no matter what your age!

Let's get started.

**susamacintosh**

*aging gracefully*

# THOUGHTS ARE THINGS

---

Many years ago, I watched the most beautiful woman I had ever seen cross the street in front of me. Her skin was flawless. She was vibrant. She was dressed in a relaxed yet polished style. She was smiling broadly under her broad rimmed hat. She was confident, polished and looked to be a woman who owned her world. And her hair was a glossy white, bordering on gray, so I knew she wasn't as young as you may think.

Instead of feeling envy, I became curious. I wanted to know how I too, could look, feel and be like that. I wanted whatever was in her life that allowed her to be like that. So, I went on a journey to find out.

Over the years, I have studied both western and eastern medicine techniques. I've learned about botanical medicine, nutrition, coaching and hypnotherapy. I didn't want a Band-Aid solution. I wanted the complete picture of what it takes to think and stay young. All in the quest to help my clients to look, feel, be and stay younger for longer.

Early on, one thing became absolutely clear when it comes to living young. And it's this one thing that determines whether you embrace your youthful side or you age prematurely. What's this one thing?

.....  
**It all starts with your desire to live young!**  
.....

Sounds simple I know. But this is the critical starting point. It's your desire that fuels a new reality. This means your desire creates your thoughts which create your reality. That's a powerful process to understand.

Let me explain.

Your thoughts are more powerful than you can possibly imagine. Your thoughts can create a new life story, greater well-being, vibrant health, more wealth and fabulous adventures. Yet your thoughts can also create great unhappiness, poverty and illness.

The GOOD NEWS is, once we learn how to control and guide our thoughts, almost anything is possible. After working with thousands of women, I understand the unique needs and desires of women to live a luxuriously simple and yet elegant life. A calm life. A life without drama. A life filled with relevance, dignity, purpose and meaning. A life of travel-filled adventures. A life where quality trumps quantity and real trumps fake. It is a life filled with romance, amazing conversations and deep connections. It's a life filled with not having to worry about money, and is filled with energy and vibrant health.

It's also about being able to be helpful, continuing to be useful and believing in something greater than ourselves.

**susamacintosh** *aging gracefully*





*"That's exactly what I want, but,  
how do you even begin to start again?  
How can you reinvent yourself to become  
the woman you want to be, at my age?  
Isn't it too late?"*

**No, it's not!**

The following 4 steps show you how:

## **STEP 1** Change your mind. Change your life.

---

When you create the right mindset, you don't have to find yourself; your new life finds you... one thought at a time.

To begin with, it's about letting go of the past to create your new future. The past is over and done. Let it go without guilt or regret. Only then can you move into a new and exciting future.

Yes, I realize that it's easier said than done. But with practice, and by being aware of each thought, you can put the past behind you and create a new future for yourself.

I've seen women turn back illnesses, look younger, feel and be younger, creating new and loving relationships, new wealth, by letting go and turning their attention to the next 3 steps.

## STEP 2 Write a New Story

---

It's time to imagine what you really want from your life. It's time to write a new and better story.

Put it this way...

You've arrived at this point in time, with your own sets of skills and accomplishments. You have accumulated some wisdom and you may have been involved in raising families and building careers or businesses and so on.

You've been busy!

Yet you've probably picked up some habits and circumstances that haven't worked out so well for you. That's okay. It happens to all of us. Life can be tough and it's not always pleasant sailing.

We all develop coping strategies. Yet many times these coping strategies get in the way of really living. They get in the way of us truly enjoying our lives! So I am going to help you to write a new story for yourself, beginning today.

It all starts with you thinking about what it is that you truly desire. Take your time. You are worth it. We'll spend some time thinking about who you want to be and how you want to feel about your life. Once we work that out, we can focus on what your new life is going to look like.

The following questions on the right will point you in the right direction



*How do you want to feel day today,  
in a year or in 5 years' time?*

*"Who" is the new you?*

*What does she think about?*

*What conversations does she have?*

*How does she dress?*

*Does she maintain her health and  
fitness?*

*Does she have well rounded knowl-  
edge and  
is interested in world affairs?*

*Does she have a value mindset for all  
of her life?*

*Does she have hobbies and interests?*

*Does she have a circle of friends of  
all ages and from all "walks of life"?*

## STEP 2 Write a New Story continued

---

Take your time. Can you really see her? What does she look like? Can you see how she dresses, how she carries herself, the car she drives, how she is spending her time? How she is living and with whom? Who does she surround herself with? What do her friends do? Do they cover multiple generations and are from all walks of life? Is she well? Is she beautiful? Does she read widely, travel? Can you see every little detail of her fabulous life?

Yes, I know that's a lot to think about. But this is your life you're thinking about so you owe it to yourself to take the time to figure all this out. If you can, you can begin to see what your future will look like.

If not, that just means that you need to take a little more time and dig a little deeper and dream a little more.

### Here's something else that will help.

It's a magical exercise that I give to my clients. All you do is simply...

Write a letter to your future self.

This letter is for your eyes only. Make it open and warm and loving. Find a special place at home where you can relax and write without distractions. Pour yourself a glass of wine or a cup of tea if you prefer and put on some music. Relax and let go of any tension and get comfortable.



*Now write a letter of grateful thanks to your future self.*

*Write a future date on the letter, perhaps when you will be 70, 80 or even 90.*

*Thank this woman.*

*Thank her for creating a life you have loved living. Mention intricate and intimate details. Write about all the wonderful moments that gave you joy, happiness and excitement.*

*What circumstances have meant the most to you and why?*

*When you feel that there is no more to say, seal the letter with a kiss, and put it away safely.*

*The next time you will see it is when you open it upon the date you have dated at the top of the letter.*

## STEP 3 Seeing is Believing

---

Now that you have thanked your future self for having helped you create your fabulous life, it's time to create that fabulous life.

To do this, find a quiet place where you won't be disturbed (do this daily). I want you to close your eyes and imagine that you are already the woman of your dreams. Look at every tiny detail. See her world through her eyes, feel her feelings, speak as she would speak, stand and walk as she would stand and walk.

### Stand in her shoes today!

I want you to literally step into her shoes today. How would your world look and be if she were with you right now. There is no need to wait. You already have everything you need to create her now.

Your future you is already a part of you. She knows where you are now and how to take you to where she is. Because she has walked that pathway ahead of you.

Be mindful of triggers and patterns that you have. Don't criticize or judge. Become aware of them and gently replace them with something new. If you find yourself doing things that are out of place or step with your desired actions, stop and back up. Then choose to take a different pathway.



*Start slowly.  
Step into her shoes.*

*Walk and talk as she would, see  
the world through her eyes.*

*Dress as she would, eat as she  
would; dip into conversations as  
she would, make travel plans as  
she would.*

*Attend to health, fitness and spir-  
itual needs as she would.*

*Romance yourself, treat yourself  
to what it is that you love, now.*

.....

### And here's another tip...

One of the easiest ways to create sustainable change is to write a daily journal. Write to your future self. How would she respond?

.....

## STEP 4 Ask the Right Questions

---

So far, we have let go of the past, discover what you really want and who you want to be, and take steps in the present to reflect who we want to be in the future.

The next step is to create a world that you truly love. So... How do you continue to evolve and step into a life filled with all that you love?

### By asking yourself the right questions!

Good questions have the power to change the way that you think. And your answers will determine the direction and quality of your life today and in your future.

I'm not suggesting that you go back and delve into the past. We can't change the past. The past is just the past. It's an old story. We are here to create your new story. Good questions are about defining and creating the new.

Journal your answers.

As you make your decisions throughout the day, ask yourself are they taking you towards or away from your desire? Can you match your answers to the feelings that you want to create?

When you consistently do this, you will be pleasantly surprised when new opportunities arise out of seemingly nowhere. Eventually, instead of being surprised, you will come to expect good things. Because that's what happens if you do this.



*Who do I want to be in  
1, 5 or 10 years' time?*

*How can I create a richer future?*

*How can I create more wealth?*

*What's good about my life today?*

*What successes am I grateful for?*

*What would my future self-tell  
me about this behavior?*

*How can I become more  
organized and more focused?*

*How can I make the best  
use of my time?*

*What can I do to make this day  
one that I will want  
to remember?*

As you can see, these 4 steps are simple; however, they do take work and persistence on your part to make them work.

And it's only the beginning of what you can achieve!

I believe that true success is created from within. Whether it be through mindset or health or nutrition. It's also about you creating your journey through play, creativity and love and a little glamour and romance!

It is through living a rewarding, rich and loving life, that we remain young and vibrant no matter what our age.

.....

**Care to know more?**

You can start simply by reading my email newsletter that I send to you every week.

And if you want to take part in the discussion, and get more healthy tips on living young and staying young, join my Facebook Group: Live Young with Susan Macintosh

I look forward to seeing you there!

Susan Macintosh

.....