



Your FREE Chapter on Values
Because They Matter!

**Are you a smart, single woman over 60 who still feels fabulous?
Or do you feel absolutely well past your use by date?**

Are you a quitter, or do you think you deserve to live a life full of energy, inspiration and fulfillment?

It's never too late to smell the roses.

This book is a celebration of smart, single women over 60 and the many roles they play over their lifetime.

But wait, by what criteria can you be deemed smart?

That's easy ... you deem yourself as smart, no outside authority is needed, is it?

For many baby boomers, outside authority is needed. Someone else's approval is necessary. That's a major reason for writing this book.

I think we're grown up now; I believe we can grant approval to ourselves, to choose how to live our own lives, can't we?

How to Make The Rest of Your Life The Best of Your Life gives smart, single women over 60 a road map to a destination of their own choosing.

If you're sick of living on the Island of Lack, lack of courage, lack of confidence and lack of celebration, then this book is for you.

Working through the five-part formula in 'From NOW to WOW', you'll discover many signposts guiding you to living a happier life.

As a courageous, confident woman, you too will stand up and say "I'm over 60 and I'm still fabulous!"

Victoria Rose

[Buy the Book](#)

TABLE OF CONTENTS

Introduction
Why I Wrote This Book

PART ONE: NOW I'M HERE MIRROR, MIRROR ON THE WALL

Chapter 1 – Flushing Out Your Values

Chapter 2 – The Stranger Staring Back
Chapter 3 – Why The Rear-View Mirror Is So Small
Chapter 4 – What You See Is What You Get
Chapter 5 – My Tape Measure Has Shrunk And Other Lies
Chapter 6 – I'm Invisible: Does That Mean I'm A Super Hero?
Chapter 7 – I Can't Afford That!
Chapter 8 – The Burnt Chop Syndrome
Chapter 9 – Sixty and Single: Sad Or Serene
Chapter 10 – Is This All There Is?
Chapter 11 – This Is Your Life: NOW I'm Here

PART TWO: HOW I GOT HERE

Chapter 12 – You Were Born Into a Pink World And Handed The Road Map For Your Life
Chapter 13 – People Aren't Broken
Chapter 14 – The Curse of Your Comfort Zone
Chapter 15 – Why We Don't Speak Our Truth
Chapter 16 – Meet Your Survival Strategy; Change Your Life
Chapter 17 – The Word Hidden In Belief
Chapter 18 – This is Your Life: HOW I Got Here

PART THREE: WHAT I WANT

Chapter 19 – Working Out Your 'Why'
Chapter 20 – The Power Statement
Chapter 21 – The Finger Of Blame
Chapter 22 – The Older And Bolder Blessing
Chapter 23 – This is Your Life: WHAT I Want

PART FOUR: WILL TAKE ACTION

Chapter 24 – The Rabbit In The Middle Of The Road
Chapter 25 – Chart Your Own Life RoadMAP
Chapter 26 – The Fortune Is In Your Feelings
Chapter 27 – It's Not What You Say; It's How You Say It
Chapter 28 – My Favourite Formula For Giving Feedback
Chapter 29 – Women Don't Ask And Why You Should Ask
Chapter 30 – This is Your Life: WILL Take Action

PART FIVE: WOW

Chapter 31 – Words Of Wisdom From The Masculine
Chapter 32 – Life Is Short; Buy The Shoes
Chapter 33 – This Is Your Life: WOW
Chapter 34 – Putting It All Together
Chapter 35 – We Are The Elders Of Our Time

PART ONE: NOW I'M HERE

MIRROR, MIRROR ON THE WALL

It's reality check time! Time to get clear on where you are right now.

Are you in the driver's seat or the passenger seat of your life's journey?

Perhaps you've always preferred to sit in the back seat? Recently, a woman shared she felt like she was trapped in the boot! When is it time to step up and get into the driver's seat of your own life?

To truly do that, you need to make a decision: to take the Blue Pill or the Red Pill.

If you too are a fan of The Matrix movies, the significance of this choice is obvious. The Blue Pill takes you back to your make-believe world, where you pretend to be happy and where it's okay to be denied significance. You choose to live in the blissful ignorance of illusion. And that's your right to do so!

Taking the Blue Pill means you'll probably want to stop reading this book.

The Red Pill signifies embracing the (sometimes painful) truth of your reality. This book is about taking the Red Pill. Taking the Red Pill signals that you want to find the courage to look at the reality of your life. No journey can be planned and no destination reached if we don't know where we are right now.

PART ONE is here to establish who you are and what you feel right now. Some of it will be good, some will be distressing.

Either way, you can't reflect on or change that which you don't recognise within yourself.

Are you ready?

We're about to find out who you really are!

Chapter 1 - Flushing Out Your Values

To make the best of life you must know what's important to you about life; not knowing what you value in life is like a boat without a rudder. Your journey will be aimless, going this way then that way. Our values guide our every decision and the satisfaction or violation of them can produce strong emotional reactions.

Your values help you live life on your terms.

No one can tell you what to value in life. That decision belongs to you alone.

I have values for both my business and personal life.

These are my top 3 business values:

1. Integrity
2. Freedom
3. Abundance

Looking at my top value of 'integrity', this word represents a whole set of experiences and emotions that are mine alone.

Your experiences of what you consider represents 'integrity' cannot be exactly the same as mine. Integrity, freedom and abundance are abstract words with a wide range of possible meanings. When using abstract words, we must clarify our meaning of them.

What are your values?

Discovering your values involves a step-by-step process.

The values Process

As a rule of thumb, values can be written in one to three words.

A variety of questions help you discover your values in life. This one is my favourite:

What's important to me about ___? (The blank space identifies the area to be explored.)

You may wish to drill down to discover your values in life categories such as social, family, personal development, spiritual matters and purpose. For now, we'll look at your whole life perspective.

Please read through the first part of this process before starting to write.

Sitting comfortably with pen and paper (or at your computer) get ready to answer a simple question.

Proceed to write down whatever pops into your mind. Eventually, you'll come to a blank space. Because your mind is a 'blank', you'll think you've finished.

Not true. Keep asking "What else is important to me about my life?" and you'll discover more to write. Again, you'll experience another blank space. Don't give up!

Push through. Continue to ask and finally more will come. Although some brave souls push through three blank spaces, for now we will work through two blanks.

Ensuring you follow these directions, start the process by asking:

What's important to me about my life?

Now write. Remember to push through two blank spaces.

Excellent! You have now identified a list of values important to your life.

That list may contain words like love, children, parents, friends, helping others, holidays, being honest, health, vitality, and having connection. Or happiness, intelligence, family, laughter, grandchildren, wealth, acquiring more knowledge, agility, peace or finding security.

Now you need to find out, from that list, what matters most to you.
What matters most to you?

The next step clarifies each value by ranking their order of importance.

Asking the question **"Of these values, which one do I consider most important?"** helps achieve this.

Working quickly down your list, mark the one you deem most important as number one. Mark the next most important as number two and so on until all values are prioritised.

During this step, you may choose to eliminate some values. (More than ten values become unwieldy and unnecessary.)

Now look at your top three values. Are you surprised?

If we don't know what we value in life, we struggle to design goals that have the best chance of working for us.

If our goals don't conform to our true values, we sabotage ourselves, every single time. For instance, valuing 'freedom' may require starting your own business. However, if you also value 'security' and rank it higher than 'freedom' you have a conflict of values.

This creates an extremely uncomfortable situation. As many new business startups will testify, if 'security' was a top value they would've stayed in their jobs.

Thankfully for me, 'security' didn't even make my original list.

The Litmus Test question

Time to test the reality of your prioritised values list. This is the final part of the process to determine what you truly value. Some Neuro Linguistic Programming (NLP) practitioners call this 'The Squirm Question'.

Looking at your prioritised list, ask "If I can have my No. 1 value but NOT have my No. 2 value, would that be OK?"

if your answer is "Yes!" then you have the correct order.

But if your answer is "No!" then you must move your No. 2 value up into No. 1 position.

Let's illustrate using my business values. I'd always thought 'freedom' was my No. 1 value. However, asking the Litmus Test question revealed the truth.

Although 'freedom' was important to me it was not important if I did not have 'integrity'. Without 'integrity', 'freedom' meant nothing. Therefore 'integrity' moved to No 1.

Having clarified your No. 1 value, now ask "If I can have No. 1 but NOT have No. 3, would that be OK?"

In my case that reads "If I could have 'integrity' but NOT have 'abundance', would that be OK?" My answer is "Yes!" because 'abundance' without 'integrity' means nothing.

Continue working down your list, comparing your No. 1 value to all the values below it.

This will not take long. Remember, a list of more than 10 is unnecessary. I completed this activity quickly because my list identified only my top five prioritised values.

The next step is to discover if our No. 2 value deserves to sit in that spot.

Therefore, my question would be “If I could have ‘freedom’, but NOT have ‘abundance’, would that be OK?” This one seems a bit tougher to answer.

Even so, my answer is “Yes!”

You may struggle with assessing the importance of a value.

To gain clarity, consider swapping the values around. In my case, I would now ask “If I could have ‘abundance’ but NOT ‘freedom’ would that be OK?”

For me, the answer is a resounding “No!” An example is a marriage where there is an abundance of material goods, yet a wasteland of love.

Trapped in a loveless marriage, no matter how far you drive your Mercedes, is not freedom. Therefore for me, ‘freedom’ belongs at No. 2.

Continue working down your list, comparing your No. 2 value to all the values below. Then do the same for your No. 3 value and so on. You get the picture.

A final order soon emerges. Knowing what you truly value sets the compass needle.

Knowing your true values means you will rarely drift off direction. Even when false promises and glittering objects attempt to lure you on another course.

Do not be led astray. Stay true to your own values for they give you the greatest chance to find happiness.

Flushing out your values is the first chapter of this book for a very good reason. As you work through each part, you may make changes to how you perceive life. It will be useful to reflect on whether or not your values have changed.

At the end of this book, I’ve asked you to do this values exercise again. You may be surprised at the shift if there is one. When you embrace what you truly value, only then can real change occur.

Identify Your Ray of Light: take a moment to write down what you got from this chapter.

I hope you enjoyed this chapter on Flushing Out Your Values

Downloading this gift will mean absolutely nothing if you don't do the exercise. It won't change your life, it won't help you discover what truly helps you know what's important to you in your life. It will just take up storage space on your computer.

Like to read the **book reviews?**
Then go here



Like to Listen? Listen to my Podcast Series:
<https://anchor.fm/travelwithvictoriarose>



Check out my Youtube Channel
Search for Victoria Rose Solo Travel



#TravelWithVictoriaRose
victoriarose@theleadershipvoice.com