



10 steps to PREMATURE AGEING

Is your attitude making you and business look old and tired? Revamp your mindset today with this tongue-in-cheek list of tips by SUE LESTER.

Stress and worry are two of the greatest causes of premature ageing. If your life feels out of control and things continually keep going wrong, it's time to step back and examine what you are creating in your life, including your business.

The first step to creating change in life is to be present and aware. These ten steps to ageing will really quickly create awareness of what you are doing in your life and business.

1. Frown and scowl as often as possible, particularly at customers and staff. This is perfect for permanently creasing your forehead and face, and to give you those much desired wrinkles.
2. Complain loudly and often. You'll be rewarded with a downturned mouth which adds at least ten years to your face. A bonus side effect is that you are left alone more often.
3. Smoke and drink heavily as much as possible as these are proven to be perfect skin coarsening strategies. Post evidence on social media as you go so your progress can be tracked and commented on.
4. Overeat whenever possible, taking care to choose the fattiest, most sugar-laden options, so your body achieves a satisfying middle age spread. Groan loudly when sitting or standing up for extra effect. Ensure your shirt buttons are tightly stretched, and accentuate your bra and panty lines with clothes half a size too small.
5. Never move faster or more than absolutely necessary so your body settles into old



age sooner. You'll find others will end up impatiently doing things for themselves and you. Irritated customers will leave, but that's okay because if they were serious about buying they would have been more patient.

6. Refuse to learn anything new, and emotionally blackmail others into doing things for you. Soon your brain will slow to the point that you won't have to pretend, and others will stop asking.
7. Steadfastly refuse to express interest in anyone else but yourself. Treat collaboration and teamwork with the suspicion it deserves, and combined with Step 1 and 2 you'll be en route to loneliness and a hasty demise.
8. At least twenty times a day, repeat to yourself, "I can't." The ensuing sense of helplessness, or overwhelm if you practice hard enough, will ensure you feel at least eighty.

9. Refuse to set goals of any kind, apart from your next meal, and focus firmly on the past, particularly those times others wronged you. This loss of interest in the future is particularly helpful in the ageing process.

10. Consistently express regret about having another birthday and under no circumstances allow celebrations to occur without complaint. Remember to be ungrateful for gifts and compliments too. Definitely take leftover birthday cake home, yours and anyone else's you can. Disappear or lose your wallet when asked to contribute to collections for others' gifts or charities.

If you follow these ten steps you are guaranteed to age quickly and feel much older than your body. Remember to ignore those who claim they can create 'Heaven on Earth' by doing the exact opposite. Because, after all, you know better, don't you?

Or, if you decide that life is too short to be miserable, and you are ready for change, take action today. By taking consistent action, no matter how small, you will find out how quick and easy it is to bring about positive changes in your life. Hint: choose your favourite step above and start doing the opposite. ■

CONTACT Sue Lester
BUSINESS Growing Content:
 Smoothing Your Path
PHONE +61 (0) 428 128 679
www.growingcontent.com.au

Self-conscious when you smile?

Refresh your confidence

Experience our painless, minimally invasive general, holistic & cosmetic dentistry:

- Snap-on-smile • Invisible braces
- Rapid smiles • Laser dentistry
- Tooth lightening or whitening
- Jaw pain therapy & stress management
- Lumineers and much more!

Special occasion and family packages available. Book your complimentary smile or orthodontic assessment now

PH 02 9438 4425 WEB www.smilesdentalsurgery.com
 EMAIL crowsnest.smiles@gmail.com
 CLINIC 47A Willoughby Road, Crows Nest Sydney

Turn your stumbling blocks in business into stepping stones now!

Clear your head trash here....smooth your path in business with an 'Internal Image Makeover' or 'Head Transition' coaching sessions.



OVER BATTLING AT HOME OR WORK?

Discover the secret to harmonious family life and workplaces. Get your free E-book "Win-Win Loving" from www.growingcontent.com.au

Sue Lester, international catalyst of change, author, speaker.

E: info@growingcontent.com.au or M: + 61 (0) 428 128 679
 W: www.growingcontent.com.au

