

## What Every Woman Over 60 Should Have

As I celebrate the beginning of my 66 birthday, here is my list of 33 things every woman over 60 should have. This list is based entirely on my experiences – what works for me. The list is not in any particular order.

1. One “drop-dead” gorgeous recent photo of yourself
2. Belief in yourself
3. A beautiful smile
4. An attitude of gratitude
5. A compelling purpose
6. At least one grand passion...something or someone you are a little obsessed over
7. A little black dress that makes you look gorgeous and can transition from casual to dressy
8. A good pearl necklace and matching earrings
9. Proper exercise clothes that flatters you...toss the old sweats
10. A good pair of running, walking or cross-training shoes
11. At least two good bras (one to wear daily; and one for workouts)
12. A good body shaper to hold things in when wearing that little black dress
13. A regular exercise schedule
14. A dependable workout partner or personal trainer
15. At least one pair of shoes (stylist, comfortable, and sexy, if possible) that you can wear for any occasion
16. One good wig that’s similar to your own hair (or the way you’d like your hair to look)
17. A flattering baseball cap or a cute hat
18. An inner circle that loves, nurtures, supports, and sometimes challenges you
19. One best friend forever (BFF) who knows your secrets
20. Someone to check in with you every single day
21. Good bedding and linen (mattress, at least 1,000 thread count Egyptian or Pima cotton sheets, soft luxurious bath towels)
22. A comfortable recliner or chair in which to sit, read, sleep, or just lounge
23. A good reading lamp
24. Sisters who are tech connoisseurs and gives you their electronic devices (Smartphone, iPad) when they decide to upgrade
25. An iPod or MP3 players downloaded with your favorite music
26. Pandora Radio
27. A favorite charity that you actively support with your time, money, or both
28. One expensive evening bag and a tote carryall
29. A big screen TV
30. A computer (desktop or laptop) and a printer
31. An email address that you check on a regular basis
32. A home where you are surrounded by things you enjoy and love – e. g., art, music , family photos, books, keepsakes
33. Someone who wants to “cop a feel” every now and then

What do you think? Are there things you’d like to add? Let me hear from you.