



**TWINKI  
-WINKI**

**YOUNG AT HEART**  
*Created by Alex Mitchell*

## **LIFE TIPS**

Because you don't need to be young to *feel young*. Attitude is everything.

# YOUNG AT HEART

So what does it mean to be *young at heart*?

**FABULOUS IS AS  
FABULOUS DOES**

Well, it means feeling hopeful, optimistic, energetic, and enthusiastic *no matter how old you are*. It's all about ***feeling young***.

The truth is that **attitude** is more important than age.

You can be young and stodgy. Or you can be old and lively. What matters most is **your willingness to try something new**.

So take a gander at the following examples and *imagine yourself* trying something new.

Do it for your *creativity and vitality*.

Do it *for the fun* of it.

Do it because you **can**. Damn it.

*"People say we're all seeking a meaning for life. I don't think that's what we're really seeking. I believe we're seeking an experience of being alive."*

- Joseph Campbell

# YOUNG AT HEART

## 10 WAYS TO STAY YOUNG AT HEART:

### 1. GET MOVING

Regular physical activity helps improve your **overall health** by improving your strength, coordination, flexibility, and balance.

Contrary to popular belief, you don't need to *be fit* to get fit. You just need to *move your butt*.

**Exercise is simply moving your body.**

Choose activities you **actually enjoy**. And maintain a routine that *you can stick to*. The regularity of **showing up for yourself** creates its own momentum that helps you keep going.

And you get extra points for engaging with others (see number 3).

#### Examples:

- Walking, hiking, running, biking, swimming
- Stretching, yoga, pilates
- Dancing
- Tai chi
- Gardening

### 2. GET OUT AND CONNECT WITH NATURE

Take your daily walk in a park. Watch a sunset. Gaze at the stars in the clear night sky. Rejoice at the sight of a rainbow.

We are part of nature. And **appreciating nature is essential to our well-being**.

Extra points for sitting down *to sketch* a flower in your journal. And for *engaging with others* by going camping.

#### Examples:

- Walking in a park
- Hiking in the woods
- Camping
- Gardening

# YOUNG AT HEART

## 3. GET FRIENDLY AND MEET MORE PEOPLE

Your mental health is directly linked to your capacity for *social connection*. So get friendly.

Get out of the house and go places just for *social interaction*. This includes your favorite coffee shops and bookstores. And having lunch with your friends.

But make it a point to make **new acquaintances and friends**. Take a look at groups or regular meetings in your local community.

### Examples:

- Join a book club
- Join a community garden
- Join a hiking club
- Join a neighborhood clean-up group
- Take an evening class at your community college
- Go to a concert in your neighborhood
- Go to events at your public library
- Go to events at your local church

## 4. HAVE FUN BY EMBRACING YOUR INNER CHILD

Don't forget to add laughter to your day. Do your crazy little happy dance. Sing in the shower.

Think about all the stuff you used to love to do as a kid. Let yourself be silly.

Extra points for making completely useless stuff. And for *being playful with others*, of course.

### Examples:

- Play board games with your friends
- Keep a journal full of doodles
- Make model boats that don't float
- Make a weird bowl out of clay
- Fly a kite with a kid
- Play dress-up while organizing your closet

# YOUNG AT HEART

## 5. ENGAGE YOUR BRAIN

Get away from your screens and engage your lovely big brain to increase focus, concentration, and memory.

Try playing the following games.

### Examples:

- Scrabble
- Jigsaw puzzles
- Sudoku
- Crossword puzzles
- Chess
- Brain games

## 6. CHALLENGE YOURSELF

If engaging your brain is the cake, then challenging yourself to **try something new** is the icing on top. It gets you out of doing the *same old same old* every day.

Challenge yourself to **switch up your routines**.

Meet your friends at a different restaurant than usual. Go to a different supermarket to buy your groceries. Try buying foods you don't normally eat. Read a book in a genre you wouldn't normally read.

### Examples:

- Try a different vacation spot
- Try going to the theater instead of the movies
- Try cooking with a new recipe
- Try reading a book on a new or unusual topic
- Try listening to a different radio station or podcast
- Try a different route for your daily walk
- Try learning a new craft, instrument, or language (see number 7)

# YOUNG AT HEART

## 7. TAKE A CLASS

Of course, trying something new implies *learning something new*. This is where **real growth** happens. As in, new neural pathways in your brain and lots of self-discovery.

Take a class on something you've always been **curious** about.

Consider local workshops but also online courses. Go with whatever is easiest to incorporate into your daily life.

### Examples:

- Painting
- Pottery
- Knitting
- Sewing
- Flower arranging
- Woodworking
- Language
- Jewelry-making
- Creative writing
- Art-journaling
- Tai chi
- Photography
- Music

## 8. WORK PART-TIME

A part-time job in something that interests you will keep you **physically and socially active**. And it will also keep you **mentally active** by challenging you to try and learn new things.

You can find part-time jobs with organizations as different as your local theater group, science museum, or The Humane Society.

And don't forget about schools, libraries, and health centers. They'd all be glad to hire an experienced part-time employee for all kinds of tasks.

But you don't have to be an employee, of course. You could be a **volunteer** instead.



# YOUNG AT HEART

## 9. VOLUNTEER

Working a part-time job may be too much of a time commitment. So consider volunteering.

Think about the following places that need volunteers to help with events and special programs.

### Examples:

- Schools
- Libraries
- Community centers
- Community colleges
- Health centers
- Animal shelters
- Museums
- Theaters
- Hospitals
- Local festivals
- Local art centers
- Makers groups

## 10. TEACH

If you know how to do something well, **you can teach it.**

Think about your *skill set*. Is there anything you'd **enjoy** teaching? It could be academic, practical, or artistic.

- Do you speak another language?
- Do you play an instrument?
- Do you make art?
- Are you good at paper crafts?
- Are you good at gardening?
- Are you good at woodworking?
- Are you good at sewing, quilting, knitting, or crocheting?
- Are you good at car repairs, home maintenance, or other mechanical skills?

Next, see if you could **join a group or volunteer** for an organization where your skills are needed. Go back to the list from number 9.

# YOUNG AT HEART

Now do this:

First, **pick 5-10 things from this list** and write them down here.

- 
- 
- 
- 
- 

Second, **think about your next steps.**

For example, if you want to take a *photography class*, start by looking at what your community college offers. Or if you want to *join a book club*, stop by your local bookstore and ask them about it.

Write your possible next steps here.

- 
- 
- 
- 
- 
- 
- 
- 
-



# ABOUT ALEX

Hi, I'm Alex.

**I'm an artist, teacher, and fashion misfit.**

But really, I'm *a rebel on a mission* to bring more joy to the world, one human at a time. Starting with myself.

I'm amazing at *exploring and expressing my creativity*. And I've devoted most of my life to my art.



You'll probably be surprised and delighted by how ***there's always a way to bring more creative play into your life.***

My work matters because *expressing your creativity* is the fastest way to **feeling good.**

And I'm here to remind you that **your creative genius** is *already* inside of you waiting to flow out. Your only job is to *crack the shell of your resistance.*

So my question for you is: ***If not now, when?***

**Here's your next move:**

**Find out about my online courses!**

If you're looking for ways to *have fun with your creative side*, I'd love to help you.

[Follow this link to learn more about my online workshops!](#)

p.s. When I'm not making art or teaching creativity, I can be found sipping on cappuccinos in expensive hotel lobbies, geeking out over making worksheets, or binging on podcasts about brain science. Smile.

Big hugs from your Twinki-Winki little-miss-sunshine.

*Alex.*

customerhappiness@twinkiwinki.com



**TWINKI  
-WINKI**

© Alex Mitchell  
[www.twinkiwinki.com](http://www.twinkiwinki.com)