Write Your Own Eulogy. Then Go Live It. Transcript

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Welcome to Day Five

Hi ladies and any men who are here learning along with us. Doctor Sharon Stills here. I can't believe it's day five. Oh my gosh, it goes so quick. I spend close to a year working on producing this summit and then it's like, boom, it's over like that.

It's kind of like planning a wedding or a big celebration. So welcome back. Hopefully you've been catching all my morning talks and this isn't the first one that you're catching, but if it is welcome, I'm your host and I'm thrilled to be here with all of you.

I trust that what has been curated for you is serving you, even if it's just one tidbit, right? Because sometimes we can take 3000 things and institute them all at once.

Sometimes it's one thing that makes a big change.

Aging as a Gift and a Mindset Shift

Maybe it's, you know, getting your hormones optimized, or maybe it's that 30g protein for breakfast an hour after you wake up. Or maybe it's finally going to bed at a reasonable hour, or there's so many options.

And so I just wanted to kind of wrap it all in a bow for you. Aging is a privilege. It's not optional. It's happening to all of us. Which is why I no longer call myself an anti-aging doctor.

It's why I call myself a pro aging doctor. Because why be anti something that's happening whether you're against it or not? Why not swim with the stream then upstream.

So I'm pro aging. It's a beautiful process. There's so much wisdom that comes with aging that's hard to even put into words eloquently enough. You just got to live it, to experience it.

And not everyone gets the opportunity to age. And so we really need to take that to heart that every day we get to be here is a gift. And that if you are suffering, if you are not feeling good, there are answers, there are solutions.

It may be someone looking at the same thing from a different perspective. It may be a totally different perspective. It may be a different way you are approaching things.

Lifestyle Changes and Removing What Doesn't Serve You

I haven't really talked to you about the nervous system in these morning chats, these morning coffee side chats or chai tea chats, because I gave up coffee because caffeine was ruining my life, or at least a much as much caffeine that you get in coffee.

Now, my tea drinker, because caffeine is good, but within reason. And so that was a side note. So because I'm a chai tea girl now and so often, this is just a good point.

Side note it's not so much what you need to take. Sometimes it's what we need to remove. And when I removed coffee it was like, oh, oh my god. All these weird things I was experiencing just totally went away.

Like anxiety and heart palpitations and fatigue and crashing and all the things. And so sometimes we need to look at what we are doing in this journey.

And so our lifestyle is super, super important. How we move, how we sleep, how we think, and so how we think

about the aging journey. And so it's easy for me to sit here and say, aging is amazing.

Join me on this aging pro aging. But if that's not how you feel, then that's not how you feel. And that's okay. But then it needs to be looked at. It needs to be journaled about maybe you need to bring in a professional, maybe you need some energy work because like I said, we're aging.

Whether we're on board with it or not. It's happening. Every day I get up, I say a prayer to thank my God, to thank the higher power for giving me the gift of another day.

And what am I going to do with this gift?

Living with Intention and Writing Your Eulogy

Because one day you won't have that gift. And what we want to make sure is we don't have regrets, that we're truly enjoying our lives. So here's a here's a lasting homework assignment for you.

Write your eulogy. You're like, You're learning about how to live my sacred second act. And now she wants me to write my eulogy for when I die. But seriously, write your eulogy the way you want to be remembered and then live into that.

Because often the things we want to be remembered for, the things that are important to us, our not things that we're clearing space for, not things we're making time for or not, things that were actively choosing.

And when I want and what I want for you more than anything, is for you to live the life of your dreams. I want you to. What's that saying? You know, you slide in at the end and you go, Holy moly, Holy guacamole.

What a ride that was. I really lived my life and enjoyed it. And I know if you were here and you were not feeling good, it's hard to do that. And that's why I'm sharing all these conversations with you.

That's why we're going to have resources for you after the summit, because we've got to get your physical body feeling good, so you then can go shine and be the magical unicorn that you're meant to be. So I am grateful you were here.

I'm grateful you're still here. If you want to get in touch or learn more about my office, where I work side by side with Doctor Ben. Lasting Wellness Center, you can check out our website Lasting Wellness Center.

You can call the office for 804076 500.

Summit Wrap-Up and Next Steps

If you stay a part of our community, you'll be on our email list. You're going to get invited to our Post Summit webinars, where we're going to be going live and going to be right here in the same place, but you're going to be in the chat and we are going to be chatting.

We have some exciting opportunities for you to work further with us, lots of different options. And if this is the end of the road and you're like, peace out.

Thanks, doctor. Still, summit was enough. That's okay too. I just hope that something you heard here changes your life, and that the time you invested being here comes back to you tenfold.

So I'm grateful. I'm proud of you. It's day five. I'm excited. I'm grateful to everyone who participated in the summit. Behind the scenes, in front of the scenes.

It takes a village to produce this. I want to thank my co-host, Doctor Ben and Laura Frontera. I want to thank my assistant, Carla. I want to thank the whole team at Doctor Talks for giving me this platform and making this

possible.

I want to thank the amazing speakers. I want to thank the sponsors, and I want to thank you because you are who I do this for. So enjoy the day's talks.

Sometimes we save the best things for last and I will see you when I see you.