

100% FREE

STARTING THE JOURNEY

TOWARDS 60

SILVIA FERNANDES ACENSO

40

Pages

5

Pillars

Longevity
HÁBITOS

INTRODUCTION

I would like to share my professional background with you, as well as how I developed the *Journey to 60 Program*. I hold a degree in Electronic Engineering, pursued additional studies in marketing, and spent 35 years working in the corporate sector, including at major technology companies such as IBM and Microsoft.

In 2015, I retired and created the Instagram profile @Silviarumoas60, primarily motivated by my experience with menopause. I went through significant challenges during that period and, at the time—around 12 years ago—I was struck by the lack of accessible information about menopause in mainstream media. This led me to begin sharing my personal journey through my Instagram profile.

Over time, I also started sharing aspects of my life in Miami and my healthy lifestyle. As a result, interest in this topic grew steadily, and today I have over 200,000 followers. Every day, I receive numerous direct messages from women of all ages who feel inspired by my story—whether because of my professional achievements, my lifestyle, or my overall outlook on life. They see in me something they admire, trust, and aspire to emulate.

This is how the *Journey to 60 Program* was born. It consists of mentorship, an online course, and a series of eBooks designed to help women aged 50 and over achieve their full potential.

Journey to 60 Program

Conscious aging is a journey. To help you embrace the process of becoming the best version of yourself in the second half of your life, I have thoughtfully developed a series of eBooks designed to guide you as you begin your transformation. This first eBook offers key reflections to support that process.

Beginning Your Journey

To start, I would like you to take a notebook and answer the four questions below. This reflection is essential to gain clarity about your current situation:

- ✓ What is your biggest problem (or pain point)?
- ✓ What is your greatest desire?
- ✓ What is your biggest challenge?
- ✓ Which habits are preventing you from achieving your goals?

These answers will serve as the foundation of our work in the coming months.

What motivated you to seek change in your life?

After reflecting on these questions, we will move forward with some key concepts.

There is a very common habit that has a significant negative impact on our lives: **lying**.

Yes, people often lie in order to be socially accepted, to feel loved, or to appear as someone they are not. In doing so, they expend valuable energy trying to sustain a false life—seeking what they cannot afford and engaging in actions that are neither necessary nor aligned with their reality.

For example:

- ✓ Purchasing counterfeit products (handbags, watches, etc.)
- ✓ Owning the latest smartphone while lacking the funds to pay the monthly bill
- ✓ Claiming to be someone they are not—saying they earn well, live happily, or have a perfect marriage
- ✓ Failing to acknowledge their children's shortcomings
- ✓ Telling small, everyday lies, such as blaming traffic for delays, claiming to follow a diet without results, or pretending to be ill to avoid unwanted commitments
- ✓ When dismissed from a job, refusing to acknowledge their own shortcomings, or when not promoted, placing the blame on their manager

In summary, they fail to take responsibility for both their mistakes and their truth.

Let me share a personal example: I used to live in what I call the “Microsoft bubble”—imported cars, international vacations, designer handbags and shoes, and dining at the trendiest restaurants. I was living a life that was not truly mine, conforming to that environment in order to be socially accepted.

I only became aware of this behavior after moving to the United States, where the middle class lives according to its means—comfortably, without feeling the need to project a millionaire lifestyle simply because they have a good job and earn a solid income. People live well and mind their own business.

When you do not know who you truly are, you lose your identity. This often stems from low self-esteem.

It is a form of arrogance. And as a result, we remain the same person year after year—without self-awareness, and without personal or spiritual growth.

WHERE AM I GOING WITH THIS?

WE MUST TAKE FULL RESPONSIBILITY FOR WHAT HAPPENS IN OUR LIVES.

It is not your parents' fault, nor your boss's, nor your teacher's, nor the government's.

THE RESPONSIBILITY IS YOURS.

Returning to my example—why didn't I become a Vice President at Microsoft? Because I did not develop the skills required for that role. I wanted it, but not enough to make the necessary sacrifices, to prepare myself, or to go the extra mile required for a promotion of that level. I was not treated unfairly by the company. It was no one's fault. I was honest with myself.

The truth can often be painful, but it is also liberating.

We must have the humility to recognize our flaws, weaknesses, and limitations—and the courage to face the truth and make changes.

TRUTH = HUMILITY + COURAGE

Now, I would like you to reflect on the following:

What do you tell yourself—and others—that is not entirely true about who you are, what you do, or what you have, across the following areas of your life?

- 1.SAÚDE
- 2.RELACIONAMENTO
- 3.VIDA FINANCEIRA
- 4.VIDA PROFISSIONAL
- 5.VIDA ESPIRITUAL

I would like to share some examples of common lies we tell ourselves within each area of life:

“I accept my body as it is.”
Do you truly accept it, or are you avoiding the effort required for exercise and a proper diet?

“I follow a diet, but I can’t lose weight.”
“My metabolism is slow.”
Are you certain you are not self-sabotaging or engaging in hidden eating habits?

“My blood tests are excellent—cholesterol, glucose, thyroid levels...”
—even while being overweight.

“I don’t have diabetes—I’m only prediabetic.”

“I don’t exercise because my knee hurts,”

—or because it’s raining, or because I can’t afford a gym membership, or because it’s too hot.

relationships

On social media, you consistently post photos of a happy, smiling couple, yet you have not been intimate for weeks or even months.

Your husband comes home late every night, and you choose to believe he is working.

Your “boyfriend” does not call you, and you justify it by saying he is simply too busy.



finances

You purchase a new iPhone in installments while relying on overdraft credit.

You upgrade your car but do not have the financial means to pay for health insurance.

You dine at the finest restaurants yet take out personal loans to cover monthly expenses.

You travel abroad while lacking the funds to pay for basic necessities, such as groceries for the month.

Spiritual

You are not promoted and claim you are being targeted by your manager: “This is so unfair.”

You are dismissed and say you do not know why, or attribute it to company-wide layoffs.

You are unemployed and unable to find a way to generate income.



You say you want to meditate but claim you cannot remain still for even five minutes, describing yourself as too restless.

You say you intend to attend Mass every week, yet you always find an excuse not to.

You claim that God does not help you, yet you do not make time to pray on a daily basis.

Professional

In reality, we know that **emotionally immature individuals lose focus on their goals**. They give up because it requires effort.

People with the same intellectual and cognitive abilities often achieve very different outcomes. High performers are not easily distracted and can produce up to ten times more than others. To remain committed to our goals, we must develop emotional maturity—guided by two essential principles:

discipline and consistency.

**START TODAY WHERE YOU ARE.
USE WHAT YOU HAVE.
DO WHAT YOU CAN.**

It is important to remember that thoughts generate emotions, emotions shape beliefs, and beliefs ultimately define our behavior. To create meaningful change in any area of life—whether health, relationships, career, or finances—we must be intentional about what we listen to, what we watch, what we read, the people we engage with, the environments we place ourselves in, and even what we eat and drink.

Yes, it is challenging—but it is not impossible. If you want a different life in the second half of your journey, you will need to make difficult decisions that are aligned with your goals. Remember: thoughts create emotions, emotions form beliefs, and beliefs determine behavior.

**YOUR ATTENTION IS YOUR TIME.
IT IS YOUR PRESENT MOMENT.
IT IS YOUR MOST VALUABLE ASSET.**

How many people start something only to quit halfway through? They lack patience and maturity. They want results, but not enough to remain committed with discipline and consistency.

We live in a world full of distractions—because the world is constantly competing for your attention (are you fully present here with me?).

Do not allow others to pull you away from your goals. You must recognize these risks and protect yourself from them. Consider some common examples of distractions:

- ✓ Constantly watching other people's lives on social media
- ✓ Engaging in unproductive conversations on messaging apps
- ✓ Binge-watching streaming platforms

All of these are distractions.

We must channel our energy into what truly needs to be done. We are the sum of our habits. Defining **SMART goals** is essential to maintaining discipline and achieving success in our planning.

What Are SMART Goals?

- S** **Specific** (a clear and well-defined goal)
- M** **Measurable** (how you will track progress and outcomes)
- A** **Achievable** (realistic enough to maintain motivation)
- R** **Relevant** (meaningful and aligned with your priorities)
- T** **Time-bound** (a defined timeframe for completion)

As an exercise, take your notebook and define one SMART goal for each area of your life. Keep this information and reflect on it, as we will use it during the planning process.

I would now like to introduce an important principle to keep in mind: to achieve success in life, it is essential to develop specific skills for each area in which you operate.

- ✓ Do you invest in your own development?
- ✓ Do you stay current in your field?
- ✓ Are you actively learning new skills?

Hiring a coach or enrolling in a mentorship program is a good example of recognizing the need for support—whether to solve a problem or achieve a goal—and taking action to improve. However, it is important to remember that a course, a mentor, a nutritionist, or a psychologist cannot change your life on their own. Real change happens only when you apply what you have learned.

KNOWLEDGE BECOMES TRANSFORMATIVE WHEN PUT INTO PRACTICE

Do you reflect on, synthesize, and apply what you learn from books or YouTube videos?

Reading a book or watching a lesson is not the same as truly learning.

**LEARNING = APPLYING IT TO YOUR LIFE
= CHANGING YOUR ATTITUDE**

Let us use this short eBook as an opportunity to learn, reflect, and put something into practice in your life today. Understanding the content is not enough; you must recognize how it applies to your own life.

Everything we read or watch can bring new ideas. But real change requires a shift in attitude based on reflection, followed by action.

If you decide to hire a mentor, work with a coach, or enroll in an online course, stay focused and dedicate your time to thinking, planning, and executing.

I like to share real examples from my own life to show you that change is indeed possible.

In 2020, during the pandemic, while isolated in the countryside, I enrolled in an online training program consisting of 50 daily sessions, each lasting two hours. Although the sessions were recorded, I attended every class live. I took detailed notes, purchased the recommended books, reflected on how to apply those teachings to my life, and implemented many of them.

Of course, I did not attempt to change everything at once. I strongly believe in steady, consistent progress—small changes that lead to meaningful results.

As a result of this 50-day immersion, I was able to develop the *Journey to 60 Mentorship Program* and begin offering it to my audience. I also hired a financial mentor to help me improve my financial management and made the necessary adjustments in my life. Gradually, things began to fall into place—you adapt, and you implement small but impactful changes.

I LEARNED — I CHANGED MY ATTITUDE — AND I APPLIED WHAT I LEARNED.

Today, it is no longer valid to say that you do not know how to do something. We have access to an abundance of online courses and free educational content on platforms like YouTube, covering virtually any subject. The key is to rely on credible sources and choose high-quality content, regardless of your field of interest.

Now, let us move on to another exercise:
Which three skills do you want to develop for the second half of your life?

- ✓ Improve your communication skills?
- ✓ Learn how to sell, even if you feel uncomfortable or hesitant about it?
- ✓ Become more productive, instead of getting lost in daily routines?
- ✓ Develop digital marketing skills to promote your services on social media?
- ✓ Learn a new language, such as English or Spanish?
- ✓ Build a strong network, even if you struggle with identifying or connecting with the right people who can add value to your life?
- ✓ Learn how to manage your finances more effectively? Do you want to become more financially disciplined?

When we identify the areas of our lives we want to improve, it becomes easier to prioritize the next steps. However, this leads to another important question:

Are you productive or unproductive?

In the course I took in 2020 (the one with 50 sessions), they presented an analogy that resonated deeply with me:

POVERTY = UNPRODUCTIVITY
WEALTH = PRODUCTIVITY

And this is not about financial poverty alone. It also refers to poverty in health, in relationships, and in one's professional life. It reflects a lack of a prosperous life because people become complacent and lose focus on their goals, rather than striving for a life of abundance.

Successful individuals are productive—or at the very least, they have been significantly more productive than most people in order to achieve their success. They studied more, worked harder, persisted longer, and believed more strongly in their goals. Nothing happens by chance—you can be certain of that.

These are individuals who learned from their own mistakes rather than adopting a victim mindset. They took full responsibility for everything that happened to them. They did not blame others or circumstances for their failures; instead, they acknowledged their mistakes, learned from them, and moved forward stronger.

Let us consider a real example: **Aristotle Onassis**—he was born into a poor family, with an alcoholic father and an ill mother. In other words, everything pointed toward a life of hardship, simply struggling to survive.

However, he made a decision early on: he would become the richest man in the world. He was relentless. He worked tirelessly—imagine how many times he failed, only to try again. How many rejections did he face before achieving success?

Was he simply lucky? Perhaps he had some degree of luck, but what truly defined his success was hard work, perseverance, focus, and unwavering belief. This may be an extreme example, but it is a real one. He was highly productive—both in his work and in managing his finances.

Now, let us see how many of you reading this eBook will choose to be productive: completing the proposed exercises, maintaining daily routines, implementing small, consistent changes, and following through to the end.

Let us now explore some examples of what it means to be productive—or unproductive:

In the Health Pillar

- ✓ A person wakes up early every day, goes to the gym, eats a healthy diet, does not smoke, goes to bed early, and drinks plenty of water—would you consider this person productive or unproductive when it comes to their health?
- ✓ Now consider someone who repeatedly hits the snooze button, wakes up at the last minute, skips breakfast, goes to bed late, consumes junk food, and dislikes exercise—are they being productive or unproductive?

In Personal Development

- ✓ How many books do you read each year?
- ✓ Are you able to dedicate at least one hour to reading or studying?
- ✓ If you do not enjoy studying or developing new skills, how do you expect to advance professionally?
- ✓ Do you spend the week waiting for Friday, only to do nothing and binge-watch series?

In Your Relationship

- ✓ What is the level of intimacy in your relationship with your spouse?
- ✓ Do you treat each other with kindness and respect on a daily basis?
- ✓ Is there a sense of partnership and mutual support between you and your spouse?
- ✓ Do you pay attention to what the other person is feeling or going through?

In Your Financial Life

- ✓ Do you have a source of income? Is it sufficient?
- ✓ Do you maintain a household budget?
- ✓ Are you able to save? Do you invest your savings wisely?
- ✓ Are you in debt? Are you currently employed?

- 1. STOP COMPLAINING.**
- 2. DO NOT SEE YOURSELF AS A VICTIM.**
- 3. DO YOUR BEST TODAY WITH WHAT YOU HAVE AVAILABLE.**
- 4. STOP COMPARING YOURSELF TO OTHERS.**
- 5. START TAKING ACTION TODAY.**

I understand that it is not easy—the world is full of distractions that can pull us away from our goals. However, stay focused on yourself and take an honest look at where you are today.

CHALLENGE: START YOUR JOURNEY TODAY!

Take a notebook and write down your decisions. Reflect on the practical actions you will need to take.

What do you want to change? Do not try to change everything at once. Prioritize. This is what will transform your life: new daily habits, small changes, and a new attitude toward life.

Reflect on the following:

- ✓ What tasks or projects will I commit to this year to add value to my life?
- ✓ Set small daily, weekly, and monthly goals so you can see results within one year.
- ✓ Choose what you will read and what you need to learn this year.
- ✓ How will you bring out your best? How will you become more productive? What will you eliminate — soap operas, Netflix, social media, or toxic friendships?
- ✓ Take time to reflect calmly on this throughout the week.
- ✓ Make this year a different one.

Now let us move from information to transformation, because knowledge only becomes meaningful when it is applied as a driver of change.

There is little value in repeating motivational statements if you do not truly engage in self-reflection about what drives you. The desire to prepare must be greater than the desire to succeed.

CHANGE BEGINS WITH AWARENESS!

To achieve success, we must ask the right questions—of ourselves, of others, and of the world.

Successful individuals continually question themselves to ensure they are on the right path, that they have not strayed from their plans, and that they have not become lost in the distractions of the world.

Good questions lead to good answers.

We must learn to ask ourselves the right questions in order to obtain the right answers:

1. What is my purpose in life? Why do I get up every morning? Purpose is not about saving whales or doing charity.

**PURPOSE IS WHAT YOU LOVE TO DO—
WHAT YOU FEEL YOU WERE BORN TO
DO.**

This will define your success, regardless of your field. For example, if you love cooking, this may be your purpose in life: to cook well for your family and friends, or to build a career as a cook or chef, perhaps even to open a restaurant. What truly matters is having clarity about what you enjoy—what drives you.

2. Who am I? What is the state of my financial life? My professional life? My relationship? What do I truly want to do?

3. Is the way I am living aligned with what I want from life?

4. What is my current problem? How can I overcome it?

5. How do you communicate with God? Do you know how to ask?

You may be thinking, “That’s a lot of questions—I picked up this eBook to learn, not to feel even more uncertain.”

However, there is little value in offering concepts or ready-made formulas if you do not know what you truly want from life, if you do not genuinely understand yourself, or if you fail to recognize your weaknesses and the areas in which you need to improve.

Remember, this eBook is a **GUIDE TO HELP YOU BEGIN YOUR JOURNEY INTO THE SECOND HALF OF YOUR LIFE.** It is therefore only natural to pause, take a breath, and conduct an honest self-assessment: how you have arrived at this point in your life, what has worked, what has not, your strengths, your weaknesses, and so on.

I have prepared a few additional questions to support your self-reflection. Based on your answers, you will complete a table we call a **MAP.**

When we set out for a new destination we have never visited before, we need a map, correct? Today, we rely on tools such as Waze or Google Maps to guide us safely.

That is precisely what we are going to do—aging is an unfamiliar destination, and we must prepare ourselves in order to arrive there with clarity and confidence.

We need a **MAP** to guide us and to help us make the right decisions at every crossroads we encounter. Let us consider the definition of *map* in the dictionary:

MAP ^{noun}

a key, a secret, a resource, or a strategy that enables one to achieve a goal more easily and attain success

This is precisely the point—it is the key to achieving success. It serves to guide us so that we do not lose our way in life’s shortcuts.

Therefore, to reach any new destination, we must first know where we are. What is your “current location,” and what is your “final destination”?

Before completing your MAP for Conscious Aging—across the various pillars (or areas) of your life—let us continue with a few more questions for your self-assessment. Your answers will likely be connected to your greatest challenges, your deepest desires, or your most significant problems.

- ➡ What have you been doing with your life?
- ➡ Are you in control of it, or are you simply letting life carry you along?

Have you been **PRODUCTIVE** or **UNPRODUCTIVE** in your daily routine across the different areas of your life?

✓ **Health:** Do you take care of your diet? Do you smoke? Do you drink excessively? Do you engage in physical activity?

✓ **Relationships:** Have you been attentive to your husband or wife? Do you maintain a regular intimate life? Do you take pleasure in presenting yourself well for your partner? Do you show affection and offer attention? Is there a sense of partnership in the relationship?

✓ **Family:** Do you demonstrate your love toward your children, your mother, your siblings?

✓ **Professional Life:** Are you satisfied with your current job? Does it bring you fulfillment? Do you consider changing, growing, transitioning to a different field, or seeking a promotion?

✓ **Finances:** Do you manage your money effectively? Are you living in debt? Do you maintain a household budget? Do you save? Do you invest and take an interest in your investments? Do you make an effort to understand how your money is allocated?

Now let us create a **MAP of your goals**. Based on the previous exercises, you have already conducted a self-assessment and should have a clear understanding of where you are today (current state) and where you want to go (desired state).

You may approach this exercise over a 12-month period, which is already a strong starting point and will require meaningful effort. It is, of course, unrealistic to implement changes across all areas of your life simultaneously. At this stage, your objective is simply to identify your current situation in each life pillar. Limit yourself to 1–2 items per pillar.

For example:

MAP — Current State vs. Desired State			
Area of Life	Current State — Mar/2026	Desired State — Mar/2027	Actions:
HEALTH	Weight: 187 lbs	Weight: 154 lbs	Consult a nutritionist
	Sedentary lifestyle	Able to run 10K comfortably	Join a gym and begin training
	High cholesterol and blood glucose levels	Medical tests within normal ranges	Schedule a medical evaluation

Is the process clear based on this example for how you should complete the table below? You may do this in your notebook or, if you prefer, on your computer using a tool you are familiar with (Word, Excel, etc.).

Are you ready to begin your planning?

MAP — Current State vs. Desired State

As previously explained, we refer to this table as a **MAP**—from where you are to where you want to go. A clear path, in the right direction, to help you reach your final destination more efficiently.

Area of Life	Current State — Mar/2026	Desired State — Mar/2027	Actions
HEALTH			
RELATIONSHIP			
PROFESSIONAL			
FINANCIAL			
FAMILY			
SPIRITUAL			

We are often shaped by flawed “maps,” and the primary causes of our lack of success include:

1. Limiting beliefs—the conviction that we are not good enough or not deserving. These are often rooted in emotional wounds accumulated over a lifetime, sometimes dating back to childhood.

2. Lack of emotional control—which prevents us from bringing out our best, as well as from effectively engaging with others in ways that are constructive and beneficial.

3.Lack of knowledge—we do not prepare ourselves, we do not study the subject, and we fail to invest in our personal development, even when we are in a stable position.

4.Lack of professional guidance in the areas where change is needed. For example: in health, we do not seek a nutritionist; in finances, we do not consult a financial advisor—even a bank manager—who could support us; in our professional life, we do not engage a coach or mentor specialized in our field, which could even be someone within the organization where we work.

It is not that we fail—we give up before achieving success, before reaching our goals.

Suggestion: when completing your MAP above, be ambitious—without being reckless.

You may create your MAP for all six pillars of your life or focus only on those that truly concern you and that you want to improve.

Below, I have prepared a guide with questions to support you in building your MAP:

1. HEALTH PILLAR — THE FOUNDATION FOR ALL OTHERS

How is your health today? Your weight? Physical activity level? Blood pressure? Thyroid function? Do you undergo annual check-ups regularly? Are your gynecological exams up to date?

Establish healthy habits so that within one year your health is in good condition. How is your diet? Is it balanced and nutritious?

Do you wake up early to engage in physical activity—walking, running, or training?

No one achieves success without effort.

ONE SMALL DECISION EACH DAY.

Small changes lead to significant results. This eBook is a guide to help you begin taking action **TODAY**.

Define three specific actions you will take starting tomorrow to reach your desired state within one year.

2. RELATIONSHIP PILLAR

Let us focus on **romantic relationships**, as the **FAMILY** pillar will address other relationships with relatives and friends.

Are you single? Dating? Married? What is your current status? I would like you to reflect further:

✔ What would your life be like if you were free from fear, guilt, and emotional dependencies?

✔ Often, in an effort to feel loved, we overextend ourselves for others and end up losing our own identity.

✔ Certain emotional patterns—such as overgiving, adopting a victim mindset, feeling excessive guilt, chronic worry, suffering over everything, or procrastination—tend to attract people who reinforce these behaviors, as every dependency seeks to sustain itself.

How do we identify our emotional patterns?

👉 By the frequency with which we feel offended

👉 By the intensity of our emotional responses

👉 By the strength of our reactions to perceived offenses

**EVERYTHING THAT OFFENDS YOU
REVEALS YOUR DEPENDENCY.
EVERY DEPENDENCY IS ANCHORED IN
RELATIONSHIPS, AND EVERY DEPENDENT
PERSON ENDS UP HURTING
EITHER SOMEONE ELSE OR THEMSELVES.**

If you are single: is it by choice? Are you content? How would you like to be in one year? Do you fear being alone? If so, what can you do to learn to feel at peace with yourself? Of course, relationships involve two people—but by changing your attitudes and discovering your purpose in life, you will become more centered and better positioned to attract healthier relationships.

If you are currently in a relationship: are you happy? Is your relationship healthy or abusive? Do you nurture and care for your partner? Do you express love and affection? Do you maintain an active intimate life? Are you unhappy? Do you fear separation? Perhaps you are already alone and have not yet realized it.

How would you like your situation to be in one year?

- ✓ Divorced
- ✓ Married
- ✓ With your current relationship improved
- ✓ Free from an abusive relationship
- ✓ With an active and fulfilling intimate life with your spouse, etc.

What will you begin doing today to be in a different place one year from now?

- ✓ Seek legal advice to understand your rights.
- ✓ Have an open conversation with your partner about existing issues.
- ✓ Pursue couples therapy.
- ✓ Join a dating platform.
- ✓ Enroll in a pelvic floor training course.

3. PROFESSIONAL PILLAR

What is your current state?

- ✓ Employed?
- ✓ Unemployed?
- ✓ Retired?
- ✓ Entrepreneurial? Starting a new business?

What is your desired state?

- ✓ Remain in the same field—seeking promotion or growth (within the same organization or a new one).
- ✓ Transition to a different professional field (within the same organization or a new one).
- ✓ Launch a consultancy in an area where you already have expertise.
- ✓ Pursue entrepreneurship / start a business.
Retire.

What should you do? Examples of actions you can take to achieve your goals:

- ✓ Explore available opportunities within your organization and in the broader job market.
- ✓ Identify the qualifications required for these roles and prepare yourself accordingly.
- ✓ Discuss your aspirations with your manager.
- ✓ Speak with Human Resources about your career objectives.
- ✓ Seek out a mentor (e.g., a senior leader you admire within your organization).
- ✓ Update your CV and LinkedIn profile.
- ✓ Enroll in professional development courses in your field.
- ✓ Take entrepreneurship courses (e.g., through SEBRAE or similar institutions).
- ✓ Begin a postgraduate program.
- ✓ Start planning for retirement.
- ✓ Visit the social security office (INSS) to simulate future benefits.
- ✓ Publish articles on LinkedIn to showcase your expertise and increase visibility.
- ✓ Reflect on your skills, strengths, and areas for improvement.

INVEST IN YOUR PERSONAL AND PROFESSIONAL DEVELOPMENT.

Continuous Education: BOOKS – VIDEOS – COURSES

“Those who want more must train more, study more, and do more.” — Kobe Bryant

High achievers do not get distracted—they maintain discipline and consistency in order to succeed.

Have a bold vision—without being reckless.

4. FINANCIAL PILLAR

In this section, you will conduct a detailed assessment of your financial life and identify the habits that may be preventing you from prospering.

Be highly specific about your current state: how much do you earn today? Include all sources of income—salary, side jobs, investments, rental income, and others. Then define your desired state: how much do you want to be earning?

There are no shortcuts. Financial success is not a mystery—if you want to earn more within a year, you must have a sustainable plan aligned with your professional pillar.

1.EARN MORE INCOME — what will you do over the next year to increase your earnings?

2.SAVE MORE — how will you reduce expenses? Eliminate excess spending and avoid unnecessary consumption.

3.INVEST WHAT YOU SAVE WISELY — learn which investments are most appropriate for your goals.

How do you want to be in one year? Earning more? How much? Define this clearly and outline the necessary actions to achieve it.

Will you change jobs or pursue a promotion? Sell products or take on a second job? Ensure that these are concrete actions you can begin implementing immediately. Within one year, how much do you aim to have saved?

What actions can you take today to move in this direction? Save a fixed percentage of your income? Eliminate discretionary spending? Pay off personal loans? Avoid using overdraft facilities? Cancel your credit card?

5. FAMILY PILLAR

✓ This pillar is often placed in the background, yet family is our foundation.

✓ Are your parents still alive? Do you speak with them regularly? Do you give them attention and show love?

✓ Have you had conflicts with your parents? Remember that they have always done the best they could—or what they knew—on behalf of their children, and that you exist because of them. Therefore, it is always time to forgive, because there is no such thing as an “ex-parent.” They will remain your parents for the rest of your life, whether you like it or not. Reflect on this.

✓ Children — the same applies.

✓ Siblings, nieces and nephews, uncles, cousins — human beings need connection. If they do not reach out to you, take the initiative. Show interest. Do not limit family interactions to weddings and funerals.

6. SPIRITUAL PILLAR

✓ Personal development is closely connected to the Spiritual Pillar. How do you currently perceive yourself in this area? Do you believe in God? Do you follow a religion? Are you a practicing member? Do you pray regularly? Do you attend services, Mass, or similar gatherings? Would you like to improve in this aspect?

✓ Do you not believe in God, but have an interest in neuroscience or quantum physics?

Have you ever practiced meditation? Would you like to learn?

✓ There are several applications available that can help you develop a meditation practice.

✓ Another effective approach is the original Ho'oponopono prayer, which consists of four main phrases that can be repeated as a mantra throughout the day.

✓ How to practice Ho'oponopono: whenever you feel anxious, unsettled, or burdened by negative emotions, repeat the mantra: "I am sorry, please forgive me, I love you, thank you."

✓ You may also pray the Rosary (which can be considered a form of meditation).

✓ You can read one Psalm or a passage from Proverbs daily and listen to explanations on YouTube.

✓ You may also read books about the lives of Catholic saints and martyrs.

- ✓ You may also follow priests and pastors on social media who share powerful daily prayers.

All of these are tools to help develop emotional intelligence and reduce daily stress and anxiety. Today, we have access to an abundance of videos, applications, and podcasts that support self-awareness—whether through prayer, retreats, meditation, the study of Kabbalah, Biblical studies, Buddhism, or philosophy. These practices help us understand our purpose, calm the mind, and cultivate both mental and even physical resilience.

Here, I would like to share what I personally do to support my mental and psychological well-being.

- ✓ I am Catholic. I attend church regularly, read the Bible daily, go to Mass weekly, participate in monthly confession, and take part in retreats and pilgrimages for my spiritual growth. I began my spiritual journey at the age of 40 and explored several paths, including Spiritism, Evangelical Christianity, Kabbalah, and Buddhism. In 2006, I completed a course in Transcendental Meditation and practiced it daily. However, it was within the Roman Catholic Church that I found my unshakable faith in God, close to the age of 60.

You may create your **MAP** for all the pillars of your life or focus only on those that truly concern you and that you wish to improve. What I am aware of, I am able to manage.

Now that you have completed your **MAP**, define **2–3 immediate actions** you will take to achieve your **DESIRED STATE**.

3 Practical Actions to Improve Your HEALTH

What will you do?	When will you do it?	Who will support you?

REMEMBER: Do not attempt to do everything at once. You may create a complete MAP for all life pillars, but prioritize your actions and execution timelines. Avoid trying to change everything simultaneously, as this often leads to discouragement. Small, consistent changes lead to meaningful results.



Continue the Journey

This is only the beginning. Follow Longevity Hábitos for more content on health, well-being, and longevity.

<https://www.longevityhabitos.com>

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