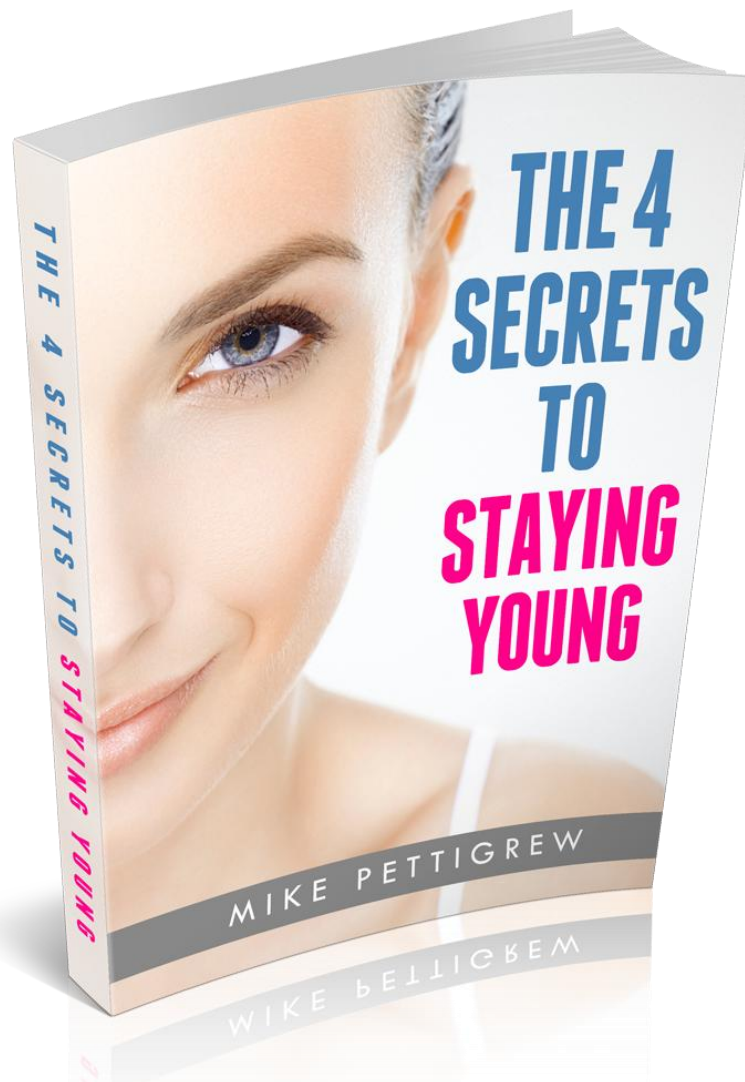


A close-up photograph of a woman's face, focusing on her eyes and smile. She has light skin, blue eyes, and is looking slightly to the side with a gentle expression. The background is a soft, out-of-focus white.

# THE 4 SECRETS TO STAYING YOUNG

MIKE PETTIGREW



## **The 4 Secrets to Staying Young**

*Change Your Thoughts and Emotions – Transform Your Life*

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## **Perpetual Youth**

For thousands of years humanity has been looking for the secret to perpetual youth and recent breakthroughs in modern science means that maybe in the future it will be possible to slow down aging.

However, that is not the type of youth that I am talking about. I am talking about how we keep youthful and invigorated and enthusiastic throughout our lives.

How do we remain full of zest, life force, enthusiasm and how do we remain empowered for the rest of our lives? This is really important, because I have known people in their nineties who are as youthful as a twenty year old. I have also known people in their early to mid-twenties who are as old as a ninety year old!

## **Becoming Old While Still Young**

There must be something that enables human beings to remain youthful, to stay full of energy and life force and the joy of living. On the other hand there are things that make us close down and not feel any enjoyment in our lives.

What I have seen in so many cases, is young people in their mid-twenties and thirties - they close down because life is tough.

Life is full of challenges and hardships and after a while we can just end up feeling deflated and begin to wonder “what is the point?” Especially, when we are just seeing more of the same; challenge after challenge.

When we are encountering challenges; one after the other, then we can end up feeling totally disempowered and begin to wonder what is the purpose to our life anyway.

This is what I mean by becoming old, while we are still young. On the other hand, my Dad is a perfect example of staying youthful. He is almost 87 and he is very youthful.

He is full of energy and passion for life. What it really comes down to (and I have seen this in so many cases)....this drive, this energy, this enthusiasm for life, self-empowerment, vibrancy, comes down to a few important factors.

## **The 1<sup>st</sup> Secret**

The first of these factors is lifelong learning. I heard a very disturbing statistic back in the late 1990's, but and it could be worse at this point in 2014.

I heard of a study that was conducted in the late 1990's in the United States. The study found that 90% of children, who leave school, never read a book for the rest of their lives!

That is very worrying, but I am sure it is the same in many countries. Ninety percent of people not reading a book after they leave school is just awful.

It is a tragedy when young people stop learning. Lifelong learning is incredibly important. When we constantly challenge ourselves and make every effort to learn new things and to fully engage with the world; it empowers us in all sorts of different ways.

## **The 2<sup>nd</sup> Secret**

It is really important to move forwards in our lives, to be always setting new goals for our lives. Goals that stretch us and that challenge us and that enable us to grow new qualities. This is also a really important factor in keeping us youthful and full of zest and life force.

If we do not have clear goals in our lives then we stagnate. We become more of the same and life can become very boring and very painful.

When we constantly set new goals for ourselves and make every effort to bring those goals into fruition, then our lives fill with energy. It gives

us self-empowerment. Goal setting is very important. So too is being consistent in making efforts to achieve those goals for ourselves and others.

## **The 3<sup>rd</sup> Secret**

Another important factor in staying youthful is developing gratitude. There are really only two sides to the coin; appreciation or resentment....gratitude or complaint. And at every moment of our lives we are manifesting one or the other to some level.

When we complain about our lives or another person, then instantly it lowers our life condition. Instantly it disempowers us, instantly it makes us feel worse.

We can start developing gratitude by using many of the things you will discover on my website and in the videos I have created about gratitude.

If we make effort to grow gratitude and start appreciating the small things in our life then everything changes, and often quite dramatically.

There is nothing that it cannot change and it immediately brings sparkle into our lives. Even artificial gratitude works! We do not need to feel sincerely grateful in order to use the power of gratitude. But just simple remembering a time in the past when we felt sincere gratitude is enough to unstuck us from whatever emotional state we are in right now.

Please do test these gratitude techniques for yourselves, they are incredibly powerful.

## **The 4<sup>th</sup> Secret**

So as I mentioned; lifelong learning, consistently making and moving towards our goals and developing gratitude keeps us young. But there is also another really important component that I see in all of this...in

remaining youthful and buoyant in our lives. This is the importance of taking on mentors.

It is a fact that during our 70, 80, or even 90 years in this world, there is very little we can learn in our lifetime through our own direct experiences.

Therefore if we want to become really happy, empowered, and to achieve great things in our lives; we have no choice but to seek out great mentors and to learn from great people who have walked the path before us. This is really, really important and it took me a long time to full understand this concept about mentors.

An example would be a master craftsman. If you meet a master craftsman's they will always have had an outstanding teacher themselves. Becoming a master craftsman cannot be achieved just by oneself. You need to take on the understanding of another person that has been along the path before you.

This is really what creates the evolution of humanity and the evolution of science. As our society progresses over time, we build on the understanding of those who went before.

It is the same in our own personal lives; if we want to become all that we are capable of becoming. It becomes essential for us to seek out and learn from great mentors.

However, please be very choosy, and be very skeptical because they are a lot of so called mentors out there and a lot of them can be very misleading.

So, so please do seek out the very best mentors... world class mentors.

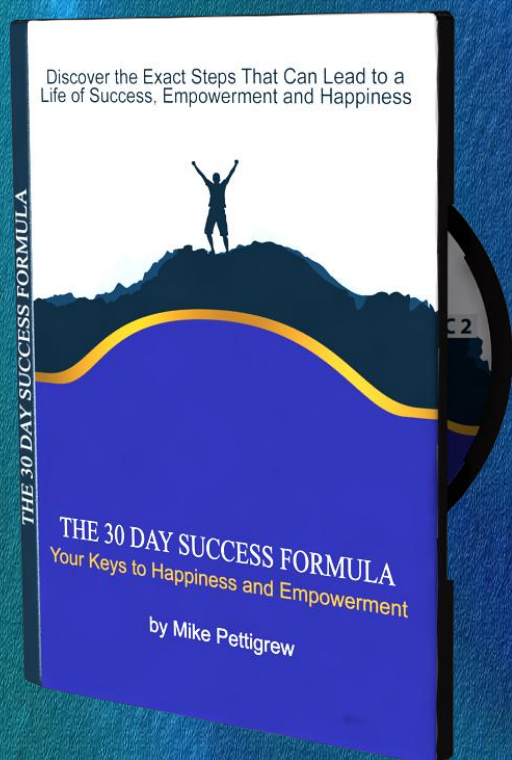
I hope this short eBook about how to stay youthful and vibrant throughout your life has helped you.

**Mike Pettigrew**

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