

## THE BETTER AFTER 50 STARTER GUIDE

10 Simple Ways to Look Better, Feel Better & Live Better After 50

**This chapter is not about becoming younger.**

It is about taking care of the woman you are today - with more confidence, intention, joy and permission to create a life that feels good to you.

### 1. Protect Your Peace

Start noticing where your time and energy are going. A healthy boundary can be as simple as saying, "That doesn't work for me." You do not have to explain every no.

### 2. Put Yourself Back on the List

Schedule something that is just for you each week - rest, a hobby, lunch with a friend, a quiet morning, a class or something you've wanted to try.

### 3. Create a Simple Skincare Routine

Focus on gentle cleansing, hydration, a barrier-supporting moisturizer and daily broad-spectrum SPF 30+. Consistency matters more than owning a crowded shelf of products.

### 4. Wear What Makes You Feel Like You

Stop letting an age number write your fashion rules. Choose clothing, hair and beauty choices that make you feel polished, comfortable and confident today.

### 5. Move for the Life You Want

Think beyond a number on the scale. Walking, mobility work and age-appropriate strength training can support the energy and independence needed to enjoy your next chapter.

### 6. Nourish & Hydrate With Intention

Build meals around foods that help you feel satisfied and energized, include adequate protein and fiber, and keep water within reach throughout the day.

### 7. Take Sleep Seriously

Create a realistic evening routine and protect your rest. Good sleep supports energy, mood and how you feel throughout the day.

### 8. Get Intentional About Money

Ask what you want your money to help you accomplish now - security, travel, retirement, experiences, a business or greater freedom. Start with one practical next step.

## 9. Stay Curious & Try Something New

Your first 50 years do not have to determine your next 20 or 30. Learn something, travel somewhere, create, volunteer, start a channel or revisit a dream you put on hold.

## 10. Decide What Your Next Chapter Looks Like

Write down what you want more of, what you want less of and one thing you are ready to stop tolerating. Reinvention begins when you become intentional.

### YOUR BETTER AFTER 50 QUICK START

| THIS WEEK    | MY ACTION                                   |
|--------------|---------------------------------------------|
| Peace        | One boundary I will set: _____              |
| Self-care    | One thing I will do for me: _____           |
| Health       | One supportive habit I will practice: _____ |
| Money        | One financial step I will take: _____       |
| Next chapter | One thing I am ready to explore: _____      |

**Stay connected with Ms. PJ.**

**The Better After 50 Letter is a monthly note filled with encouragement, beauty and lifestyle ideas, new videos, useful resources and a peek inside the MsPJsPlace Inner Circle.**

**Because life after 50 is not about fading into the background - it is about creating what comes next.**

Educational lifestyle content only. Health and financial needs vary; seek qualified professional guidance for individualized medical or financial decisions.