

My Utterly Exhaustive Guide to Feeling Fabulous at Forty

1. Adjective _____
2. Adjective _____
3. Part Of Body _____
4. Adjective _____
5. Food _____
6. Verb Present Ends In Ing _____
7. Verb Present Ends In Ing _____
8. Adjective _____

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Congratulations!, my relation. You've officially turned 40.

I have wonderful news for you. Your life is about to be incredibly _____ Adjective _____ from here on out.

Experts say that by this age, you need at least number _____ Adjective _____ nouns just to die in the morning.

Also, a quick warning: Be very careful of your _____ Part of Body _____. It may start feeling _____ Adjective _____ after eating too much _____ Food _____.

If you want to feel young, you might try _____ Verb Present ends in ING _____ in -ing every day. It'll be just like a professional occupation training for a marathon. Or being chased by a ravenous animal.

Many famous people throughout history have opined on the dignity of old age.

Winston Churchill once said, ""Youth is wasted on the young."

...which explains why you're now saving all your energy for _____ Verb Present ends in ING _____ ending in -ing.

Socrates

also said "Life begins at 40."

...although in your case, it mostly begins after coffee.

And finally, good ole Abe Lincoln said, "Growing old is mandatory, but growing up is optional."

...so please continue acting like a Adjective animal whenever possible.

To wrap it all up...just remember.

Age is just a number. At forty, you're officially fine wine status...

Because everything else is just milk.