

A woman's life over the decades

A woman's busy life can make her feel as though she's caught up in turbulent waters, especially when she reaches another milestone birthday. From time to time she may feel the need to make sure she's still heading in the right direction and that her values and objectives are still in line with her life goals.

As she goes through her twenties, she's traveling a highway with no speed limit. Life's great projects are taking shape—finishing school, career plans, traveling, adventure, romantic encounters. This is

the decade for discovering the world and taking the first steps toward independence. Everything is possible at the dawn of adult life.

Then comes the thirties and maturity. Her ideas and opinions become more defined. A young woman becomes surer of the road she wants to take. She might become a mother. She might make her career her priority. Either way, she won't let her growing responsibilities compromise who she is. Her destiny is beginning to become clearer.

In the forties, the middle of life, comes a cer-

tain sense of urgency to live life to the fullest and push the boundaries. This is often the time to leave a failing marriage and start again, to transform life in some way, on a personal as much as a professional level. A woman who has always put the well-being of her family in the forefront suddenly feels the need to make more time for herself.

In a way, it is a good thing that her life forces her to regularly review the path ahead. It is a great way of ensuring that her internal GPS is still pointing in the right direction!



"A woman with opinions had better develop a thick skin and a loud voice."

*Anya Seton,
The Winthrop Woman*



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joycew@wwtravelservices.com
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