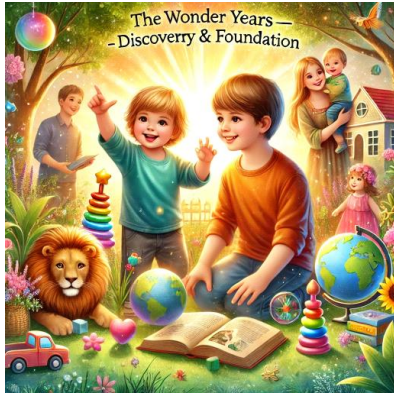


Twelve Ways to Live a Full and Loving Life Across Life's Decades ¹



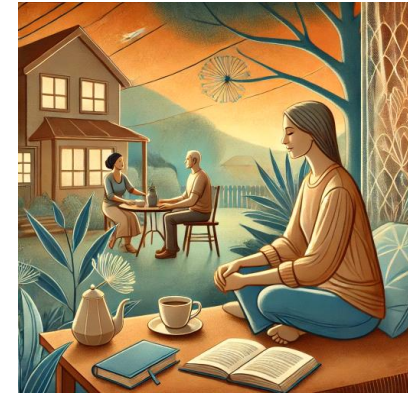
Birth to 10 - Discovery & Foundation



10 to 20 - Identity & Belonging



20's - Independence & Exploration



30's - Refinement & Strength



40's - Mastery & Service



50's - Reflection & Meaning



60's - Wisdom & Generosity



70's - Presence & Legacy



80's - Grace & Spiritual Peace



90's - Deep Surrender & Love



100's - The Eternal Legacy



We are Loved, Lovable, and Loving

¹ This was created from writings by Dr. Michael Obsatz and using ChatGPT.

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by Dr. Michael Obsatz and David Tillman – March 2025

Birth to 10: The Wonder Years – Discovery & Foundation - Theme: Learning Love, Safety, and the Magic of the World

This decade is a time of deep connection with family, nature, and imagination, where every moment is filled with learning and play. These early years set the foundation for trust, resilience, and the belief that the world is a place of wonder.

Ages 10 to 20: The Identity Years – Growth & Belonging - Theme: Understanding “Who Am I?” & “Where Do I Fit In?”

This decade is about self-discovery, navigating relationships, and finding a sense of belonging. It is a time of firsts—friendships, challenges, dreams—and learning that identity is something we grow into, not something we must define all at once. This period is full of excitement, uncertainty, and the gradual realization that we are responsible for shaping our own path.

In Your 20s: Self-Discovery, Exploration, and Laying the Foundation - Theme: Finding Your Identity and Building Your Future

This decade is about learning who you are, cultivating self-love, and building meaningful relationships while navigating career, independence, and new experiences.

In Your 30s: Refinement, Growth, and Deepening Connection - Theme: Balancing Ambition, Relationships, and Well-Being

This decade often brings more stability, responsibility, and clarity, whether through career progression, relationships, or family.

In Your 40s: Mastery, Contribution, and Wisdom - Theme: Refining Priorities and Finding True Fulfillment

By now, many have established careers, families, and deeper self-awareness. This decade is about letting go of unnecessary pressures and focusing on what truly matters.

In Your 50s: Reflection, Legacy, and Deep Satisfaction - Theme: Embracing Your Wisdom and Preparing for Elderhood

Life is no longer about building, but deepening—relationships, purpose, and spiritual connection.

In Your 60s: Presence, Peace, and Legacy - Theme: Living in Fullness, Gratitude, and Spiritual Connection

These years are about embracing peace, joy, and the interconnectedness of all things.

In Your 70's: The Elder Years – Presence & Legacy - Theme: Fully Embracing Life, Sharing Wisdom, and Living in the Present

This decade is about embracing the present moment, letting go of unnecessary worries, and reflecting on the life I have lived. It is a time of wisdom, storytelling, and celebrating the connections I have made. Instead of striving, I focus on being—offering encouragement, mentorship, and love to those around me.

In Your 80's: The Wisdom Years – Grace & Spiritual Peace - Theme: Grace, Spiritual Peace, and Savoring the Moment

This decade is about simplicity, presence, and deep inner peace. I no longer feel the need to prove anything; instead, I focus on savoring life, appreciating every moment, and passing down my wisdom. Love, gratitude, and forgiveness become the center of my days, and I find comfort in the beauty of what is.

In Your 90's and Beyond: The Eternal Legacy – Love That Never Ends - Theme: Deep Surrender, Reflection, and Love That Never Ends

This decade is about deep surrender, reflection, and preparing for what's next. It is a time of quiet appreciation, knowing that every moment of love I have given continues beyond me. I find peace in knowing that my life has mattered—not because of what I accomplished, but because of the hearts I touched.