



Stage 4

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In this fourth stage of life, I find myself
Aging like a tree, shedding leaves of youth
Yet growing roots deeper, stronger still
An anchor for the winds of time to come.

No longer chasing after fleeting dreams
But savoring the simple pleasures of each day
The taste of a warm blueberry muffin
The feel of the sun on my face.

I've learned to let go of what I cannot change
To accept the twists and turns of life's road
To find beauty in unexpected moments
And gratitude for the gifts life has bestowed.

I'm not the person I once was
But I'm not yet done becoming who I'll be
I'm still growing, still learning, still evolving
In this fourth stage of life, sweet and free.

So I embrace each day with open arms
With wonder, curiosity, and grace
Knowing that every moment is a gift
And this fourth stage of life is my sacred space.