

Discussion Questions and Topics

Not Ready for Granny Panties

The 11 Commandments for Avoiding Granny Panties

1. What does the term, "mental Granny Panties" mean to you?

Aging is a sensitive subject, and it's not always about the way we look (although many of us have a mortgage payment's worth of wrinkle creams in our bathrooms). How does your mindset affect how you feel about aging?

2. How can negatives like "forgetfulness" and "ignorance" affect you in a positive way?

Forgetfulness, including the dreaded "senior moment" is part of aging. Yet intentional forgetfulness, and even ignorance, might be beneficial. How can you intentionally use these things to create a positive mindset?

3. How can losing control be an effective way to combat stress?

Losing control is often seen as a weakness. Yet, when we feel we must control everything for everyone else, being in control proves to be our downfall. What can you do to "lose control" of others' lives in order to help you gain control of your own?

4. When was the last time you "scared yourself" on purpose? How did it affect you?

Be afraid. Be very afraid. Really. Fear hooks us into feeling alive, and scaring ourselves by trying something new can be liberating. What's something you'd like to try that scares you? Why haven't you done it yet?

5. What do you think when you look in the mirror? Have you given up, or do you constantly check your face for new wrinkles? Why?

Let's talk about how we look as we age. Or let's not. Our obsession with youth either makes us give up on a losing battle, or keeps us searching for the fountain of youth. How can we develop a healthy attitude towards our appearance as we age?

6. How often do you “should” yourself in a single day? How often do you “shouldn’t” yourself?

Obligation and denial—the synonyms for should and shouldn’t. How can you trim down both in your life to better take care of you?

7. In what ways can you celebrate yourself, both conspicuously out in the world, and by “idolizing” yourself?

Sometimes aging makes us feel invisible. How can you show the world you’re still here and still a vital woman with a purpose? Better yet, how can you indulge yourself in ways both large and small to celebrate you?

