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| A Recipe for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_    C:\Documents\Keys to Aging\Final Keys\keys (1).jpg   |  | | --- | |  | |  | |  | |  | |  | |  | |  | |  | |  | |  | | http://division.uaex.edu/Logos/Division_Ag/UA-color-center-med.png | |  | |

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| You’re a one-of-a kind design made up of a unique blend of ingredients.   |  | | --- | | For example, you may be a mix of strength, 8 hours of sleep, and | | determination combined with short legs, blue eyes, brown hair and | | laugher and passion, to make a complete recipe of you. | |  | | Think carefully about your personality, values, what makes you happy, | | what makes you special, favorite foods, hobbies, or any other character- | | istics that make up you. Use strong adjectives to describe you. Brain- | | storm first and then write down your ideas on the front of this card. | |  | | Directions: 1. On the front of this card, list the ingredients and | | measurements that make you, *YOU* (1/2 cup love; 1 tsp orneriness). 2. Give directions on how to mix the ingredients together. 3. Name your recipe. 4. If you have a photo of yourself, include it with the recipe. | |  | |