



"We don't change the world with small thoughts. We change the world with big thoughts."

# 60 Days to 60!

WITH CATHERINE GRACE O'CONNELL

## my project

It's been a long road! I never thought I'd be so excited about turning 60 on 7/7/2021. I am! I've learned that women at Midlife & Beyond are the Perfect Storm. It's time to show the world how incredible our demographic is and that ANY woman can be the best she can be at ANY age. I'm taking women with me on my 60 day journey to health, wellness, mindfulness, and confidence and showing them how we can all achieve our individual goals for Mastering Modern Midlife!

## my challenge

Never in a million years would I have ever considered a nude photo shoot. Too old, too shy, too proper, too scarred, and too scared! But through the fear, I also found the thought to be freeing. I always say it's important to face our fears. I'm going to face mine ... and at 60 years old do a sensual photo shoot with just the Bare Necessities! I doubt Playboy comes calling but maybe Sports Illustrated?!

## my team

Cooped up during Covid-19 has not been good for any facet of my life. I found myself feeling physically and emotionally run down and in need of both inspiration and motivation! Award winning AMEX travel photographer [Kevin Steele](#) will be doing my Bare Necessities Shoot and NYC Celebrity Trainer [Kacey Duke](#) will be guiding my fitness routine. Who better to trust my body to than a 66 year old female Badass that's whipped Denzel Washington, Gwen Stefani, Dakota Johnson, Bruce Willis, Iman, and Julianne Moore into shape?

# my information

blog: [CatherineGraceO](#)

[About Me](#)

[Media Brief and Overview](#)

[My Speaker Reel](#)

media agency: [Forever Fierce Media](#)

Instagram: [@catherinegraceo](#)

[Forever Fierce: Midlife Matter Facebook Group](#)

[Mastering Modern Midlife Talk Show](#)



## that was then

**6 years ago**

Near death and devastated by Lyme Disease, PTSD, and a lifetime of abuse and trauma ... I had no Voice, no purpose, and no hope.

## this is pre-Covid

**And like Michael Jordan  
announcing  
his return:  
In 60 Days, at 60 ...  
"I'm Back."**

**Interested in partnering on my  
journey?**

[info@catherinegraceo.com](mailto:info@catherinegraceo.com) (847) 946 9316

