

If you want to be happy and peaceful at 70, give up these small habits immediately.

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Age 70 is not the time to retire, you can completely turn it into a brilliant time of life by giving up the habits below.



When we think about getting older, it's easy to assume that life naturally slows down—and maybe becomes a little smaller.

But here's the interesting thing about people who are truly thriving in their 70s: They don't cling to outdated notions of how aging "should" be. They actively choose habits that make them feel alive, fulfilled, and deeply connected.

And just as importantly? They said goodbye to some of the little habits that silently drained their joy, energy, and motivation.

If you want your 70s to be meaningful, start by giving up these behaviors.

Let habits become ruts

Small changes—like learning a new recipe, taking a different walking route, or taking a class—can add a new dimension to your day. Neuroscience backs this up, too.

Engaging in unfamiliar tasks boosts dopamine levels and cognitive flexibility, especially in older adults. Routine should calm you, not keep you stuck.



Saying "yes" out of guilt

People-pleasing isn't something everyone needs to listen to. In fact, it can become more ingrained as we get older — especially if we're used to being the caregiver or "reliable person" in the family.

But overcommitting to things you don't really want to do — just to avoid disappointing others — drains energy that could be used for things that make you happy.

In your 70s, protecting your time isn't selfish. It's necessary. You can say, " Thanks *for thinking of me, but I won't bring it up again* ." Boundaries create space for joy.

Stay away from technology completely

Technology can make you feel less bored. But when you completely remove it, you also cut yourself off.

You don't need to master every app, but learning the basics can significantly reduce isolation and open new doors to learning and community connection.

Ignore the little aches and pains

Ignoring minor discomforts can make you feel powerful, but it can also silently destroy you.

That nagging knee pain? That shortness of breath you keep blaming on aging? Those are signals, not background noise.

Small declines often go unchecked until, eventually, they become a crisis.

Checking in with your body, staying curious about changes, and being proactive about your health doesn't make you weak—it makes you wise.

Your 70s can be full of life, but only if you take care of the "machine" that gets you there.

Make old age a joke

'I'm just getting old.' 'I forget things these days.' 'My knees hurt—welcome to 70!'

We say these things for laughs, but they silently reinforce the idea that we are deteriorating. Of course, aging comes with changes. But when you constantly treat age as a problem, you limit yourself—and invite others to do the same.



Eating for convenience

As your metabolism slows down, it's easy to default to what's easy to prepare: toast, takeout, or whatever's in the freezer for convenience.

But your body still needs fuel—especially if you want to maintain strength, brain health, and energy. The Mediterranean diet (rich in whole grains, vegetables, healthy fats, and lean proteins) has been linked to longevity and reduced cognitive decline.

Remember that food is more than just nutrition in your 70s. It's also preventative medicine.

Let friendship fade away

A friendship doesn't have to be severely fractured for it to fade - it just needs to be neglected. A quick check-in turns into months of silence. Lunch plans get postponed until next season. And slowly, your social circle begins to shrink.

But the most active people in their 70s? They make an effort. They take the initiative. They call. They show up. Even when it's inconvenient.

Quit exercising because it's "too late to start"

If you haven't been active for years, starting now can feel daunting. But it's never too late.

Exercise doesn't have to be strenuous. Brisk walking, light weight training, swimming, or dancing in the kitchen are all fine. The goal isn't to become a triathlete — it's to keep moving so you can keep training.

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