

YOUR FREE READER'S COMPANION

The Sixty & Free Companion

A companion to 101 Things Men Finally Don't Have to Do at 60 · by Walter Crane

Thanks for picking up the book. This is the printable companion — a set of official permission slips, a bucket-list starter, a "things I'm finally done with" worksheet, and a few bonus entries that didn't fit in the book. Print it, laugh, fill it in.

At sixty, you've earned the right to stop doing a great many pointless things. This companion is your paperwork for the privilege. Stamp it yourself. — Walter

Official Permission Slips

Cut these out. Frame them. Wave them at anyone who objects.

PERMISSION SLIP

The bearer, being 60 years or older, is hereby permitted to leave a party early without inventing a reason.

Signed: _____ · Date: _____

PERMISSION SLIP

The bearer is permitted to say "no thank you" to any text message that begins with "quick question."

Signed: _____ · Date: _____

PERMISSION SLIP

The bearer is permitted to wear the comfortable shoes. To every occasion. Forever.

Signed: _____ · Date: _____

PERMISSION SLIP

The bearer is permitted to fall asleep during the movie they personally selected.

Signed: _____ · Date: _____

PERMISSION SLIP

The bearer is no longer required to understand the new phone. Help is available from any nearby twelve-year-old.

Signed: _____ · Date: _____

Things I'm Finally Done With (a most satisfying list)

Write down the things you are officially retiring from. Be ruthless. It feels wonderful.

1. _____
2. _____
3. _____
4. _____
5. _____

Starter ideas: caring what strangers think · uncomfortable waistbands · staying for the whole meeting · pretending to like a food · finishing a bad book · keeping score.

The Bucket-List Starter (the fun kind, not the scary kind)

Forget skydiving (unless you're into that). The best list at sixty is mostly small, doable joys.

- One trip, big or small, I keep saying I'll take: _____
- One skill I'd enjoy learning just because: _____
- One person I'll reconnect with: _____
- One thing I loved at 25 that I'll do again: _____
- One ordinary pleasure I'll do more of, guilt-free: _____
- One brave little thing I'll do this month: _____

Bonus Entries (the ones that didn't fit in 101)

A few extra freedoms, on the house:

- You don't have to keep cables for devices you no longer own.
- You don't have to pretend the music is "too loud" — it is too loud, and you're right.
- You don't have to RSVP yes out of guilt.
- You don't have to read the terms and conditions. You never did. Nobody does.
- You don't have to have an opinion on every single thing. Glorious.

That's the companion. Start with the "things I'm done with" list — there's no faster way to feel ten pounds lighter. When the book's given you a few good laughs and a little permission, I'd love to hear about it, and in a couple of emails I'll tell you how a quick word from you helps it reach the next fellow who just turned the corner into the good years.

Enjoy the freedom — you earned it,

Walter Crane