

## 8 Steps To Guide You Through Your Second Half of Life

### 1. Acknowledge and be curious about this significant phase of life.

- Slow down your pace and pay attention to what is happening within you, emotionally and physically.

**Action step:** Invite stillness and reflection, keep a journal on your thoughts and feelings, meditate, take yoga or do something different that will balance the "doing" in your life.

### 2. Make an effort to live in the present moment.

- Attempt one activity at a time and be mindful of your actions at any given moment.

**Action step:** Give up multi-tasking for a few hours, then extend it to half a day, then a day...notice the difference it makes.

### 3. Learn to manage your fears.

- Focus on what you desire, rather than what you fear will happen.

**Action step:** Be conscious of your breathing, as it will help you release your fear. Stop making up stories of worst case scenarios and instead, focus on your desired outcome.

### 4. Develop your intuition and creativity.

- Make time for your creative self in whatever form appeals to you.

**Action step:** Engage in specific activities that nurture your intuition and your self-expression.

## **5. Identify what is most important in your life and begin to live your life accordingly.**

- Be willing to recognize where your life is out of sync with your priorities.

**Action step:** Pick one area that needs shifting and take action on it within two weeks time.

## **6. Get in touch with your deepest longings.**

- Give yourself permission to name your desires or recreate a dream.

**Action step:** Keep a dream journal; note what you would regret not having done in your lifetime and well as those dreams that were not fulfilled. Be open to possibilities for re-creating a dream so it reflects your current life stage.

## **7. Establish a supportive community.**

- Seek out and accept support from others.

**Action step:** Identify those people who contribute to your growth and those who hinder it. Be with those who encourage you.

## **8. Express your gratitude daily.**

- Act as if you knew that gratitude was the most transformative force in the Universe.

**Action step:** Be aware of the abundance in your life and give thanks daily.