



8 Steps To Guide You Through Your Second Half of Life

1. **Acknowledge and be curious about this significant time 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 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...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 regret not having done in your lifetime and well as those dreams that may be 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:** Seek out those people who contribute to your growth and avoid those who hinder it.

8. Express your gratitude daily.

- Act as if you knew that gratitude was a transformative action.
 - **Action step:** Be aware of the abundance in your life and give thanks daily.