

**30 DAYS**

**TO KICK-START**

**YOUR LIFE**

**AFTER 50**



REBECCA RONANE

# 30 Days to Kick-start Your Life After 50

Hello, if you haven't downloaded and read the freebie that I shared with you at the start of this programme, you may not know much about me. Here's a quick introduction:

I'm Rebecca Ronane, I live in France with my partner, Alain, and dog, Myrtle. We moved to the countryside of the Provence around 1995 and fell in love with the peaceful Luberon.

I celebrated the privilege of becoming 50 in 2006! My mid-fifties brought me fortune in the guise of a serious health issue. It also brought the loss of a great job that I'd dedicated time to, as well as energy, over the period of many years.

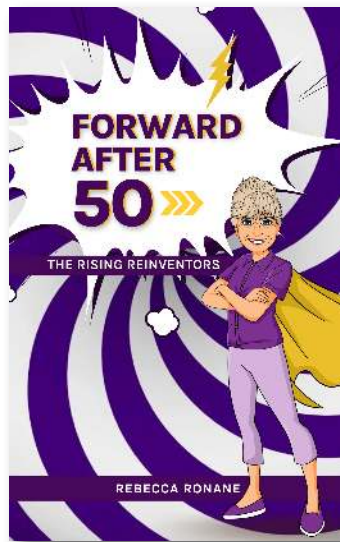
It took me time to understand that these events were not closing doors. They were opening doors to exciting new adventures, a catalyst to the beginning of my re-invention.



I decided to train as a coach in 2014, aged 58 and started my coaching business, Forward after Fifty, a place where I coach women to reach their full potential by learning to love the age they are in, and helping them to reinvent themselves, or just simply love the life they live. I also created Network Provence, a thriving multi-national networking group for women of all ages in the South of France.

# 30 Days to Kick-start Your Life After 50

At the age of 65, I started writing my first book, *Forward After Fifty (The Rising Reinventors)*, something I had never dreamed possible. It goes to show that age doesn't have to stop you. You can start something new at any age!



Over the 30-days, we explored some big topics around moving forward after fifty. Confidence, fear, failure and wisdom are all explored, plus topics like people-pleasing, regret, disappointment and so much more.

My goal was to arm you with the tools to step into your power, be fearless about ageing and live your best life after fifty. I have created this workbook for you so that you can capture your thoughts in one place.

Here's to your reinvention!

*Rebecca*

# 30 Days to Kick-start Your Life After 50

Are you excited about moving forward after fifty, or does your age still fill you with dread? If this is how you feel, then I'd love to help you shift your thinking and your life with my [Reinvention Planning Session](#).



In your Reinvention Planning Session we will work together for 2 hours to create your bespoke reinvention plan. After the session, you will:

1. Recognise your unique value
2. Identify and clear blocks and beliefs that are limiting you
3. Explore options for your Reinvention Plan
4. Shift from a limited mindset into a possibility mindset
5. Have a 3-month plan with specific action steps that excite you.

Find out more [here](#). This session is for you if you'd like to move forward from feeling stuck to feeling unstoppable. Book a discovery call to find out if we're a good fit to work together.

Remember, life doesn't have to stop when you turn fifty. It can be the beginning of an incredible new journey!

— *Rebecca*

# 30 Days to Kick-start Your Life After 50

## Day 1: Own Your Superpowers

Welcome to *30-Days to Kick-start Your Life After Fifty*.

You could be here for many reasons, you may have had a fantastic career, your children have started their independent journeys, you've reached the top of your game, or you may be like I was, lost, at a crossroads, thrown into a deep hole, and you are wondering what's next.

## Is It Time for a Change?

You might be questioning your self-worth, your decisions, your future and your capabilities.

You don't want to fall into the trap of believing that you're worn out, ready to be on the shelf and invisible. You want to write your script, not anyone else's!

Before we start this journey of discovery, let me tell you what to expect. Over the next thirty days (not including weekends) you will take back control of your life as you spend time exploring how to design the future of your choice. You'll start to create an acceptance of who you are right now. Practically, you will receive an email from me every weekday for 30-days. Each day I will set you a small exercise to complete. You will find this at the bottom of each email. I'd like you to block 30-minutes out in your diary every day to focus on your exercise where I will share some thought-provoking topics such as;

# 30 Days to Kick-start Your Life After 50

1. Fear
2. Confidence
3. What's Stopping You?
4. Anti-Age
5. Guilt
6. Boundaries.

Each day I will encourage you to share your progress. If you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

Whatever age you are, you can make life more exciting, enjoyable, and more on your terms.

My reinvention journey began in my fifties and still continues in my sixties.

Now let me share with you some of the stories that took me on my reinvention journey in my late fifties. I hadn't anticipated any significant life changes after fifty coming my way. How wrong I was!

What appeared to be my misfortune, a cancer-related health issue and losing a job, turned out to be my fortune, except I didn't know that at the time. If I'd had the resources, the resilience, the mindset tools, the positive thought processes I've learned, it would have allowed me to accept change in an empowered way.

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It's taken six years of study, time, reflection, profound conversations and working with my coach to get to this point. I now want to share these learnings with you to shortcut your journey of discovery after fifty, so you can dive straight into recognising the superpower you have and, more importantly, how to use it.

At fifty-seven, I started training to be a Life Coach, opened two businesses and created two websites (one all by myself). I mastered a lot of technology, started a new job, and so much more.

If you answered yes to my initial question of whether it is time for a change, I want to tell you that now is the perfect moment to tap into your unique strengths and own your superpowers.

It's time to reinvent, rediscover yourself and conquer any limitations you might have about your future. Get ready to explore and create the best life possible so you move forward after fifty.

Let's start by identifying your superpowers.

## Task for Today

I've attached an exercise called [Identify your Superpowers](#).

On day 2 we will be talking about the power of positivity.

Once you've completed this exercise, hit 'reply' and tell me what insights came up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

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## Day 2: Positivity

Welcome to *30-Days to Kick-start Your Life After Fifty*.

How did your first day go? On day 1, I shared an exercise to help you identify your top 3 superpowers. What did you discover?

Today we're going to concentrate on positivity.

There's more talk about the negativity of ageing than positivity. This can be because so many people tell you how you're going to lose this or that (body shape, motivation, visibility, energy, ambition, mind, health, attraction). All of which can seriously challenge how you think about ageing.

I love a challenge (it's a top value of mine - more on that later), so that's why throughout these past years, I've been battling the anti-age prejudices, and at the same time, discovering how this part of life rocks.

When I turned fifty, it felt surreal, as if I was celebrating someone else's milestone. I did, however, think that I'd made an achievement living on the planet for fifty years. It was time to party. So I had a fiftieth birthday party which I'll never forget, a coming together of people who had made a difference in my life.

We had three days of unforgettable celebration, friendship, and family eating, drinking, walking, talking. It was a fantastic experience.

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Following a routine mammogram, I was diagnosed with a cancer issue in my fifties. Then I lost a job that I thought would be there forever. I had many reasons to feel sorry for myself and feel negative. This time in my life could have created a downward spiral; however, it opened doors and began an upward whirlwind.

Throughout this series, I will show you how you, too, can kick negativity out and bring a lot more positivity into your life.

I want to inspire you to look forward to ageing and to know each wrinkle you have shows that you've lived!

When I think of wrinkles, instead of worrying about ageing, I'd rather think of this fabulous quote by Mark Twain:

*"Wrinkles merely mark where smiles have been".*

Here's a [two-minute film](#) I made about ageing and language. When you reframe your mindset around ageing, you start to take back control of your life. Like anything, though, it is a skill to be learned. So the first step is in raising awareness around how you discuss age, and then in step two, you can train yourself to change what you say and feel about it. Have a read through the download I shared with you when you first signed up, called *The Secret to Ageing Positively After You Turn 50*, where you can explore your thinking around ageing.

I have a friend who constantly references her age as an excuse not to do something. Maybe you can identify with her. If you verbalise negativity, you can be assured that's exactly what you'll get, a good old dose of crappy ageing!

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It's time to respect yourself, and then others will, too. By thinking more positively, you can put happiness at the top of your list.

So now's the time to put yourself first. Why? Because when you feel good and exhibit positivity, everyone else around you will start to feel good too.

## Task for Today

Today I'd like you to put pen to paper. If you haven't got a lovely journal to use, why not treat yourself to one? The power of writing can be surprising. When you're ready, answer the following questions;

1. Where do you need more positivity in your life? (i.e. Family, friends, work)
2. How often are you complaining each day? (i.e. Every few hours, daily, now and again. You might not even realise you are complaining until you start to pay attention).
3. How often each day are you wasting your time listening to other people's negativity around ageing? (i.e. Sometimes, rarely, never).
4. On a scale of one to ten, how positive do you think you are? (Where one is low and ten is high).
5. Knowing your score, what needs to change to bring more positivity into your life?

Once you've completed this exercise, hit 'reply' and tell me what insights came up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 3, we are going to be talking about gratitude.

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## Day 3: Gratitude

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 2, we were exploring positivity. Today we're taking this to the next level with the topic - Gratitude.

*'Gratitude is free medicine'*, said a friend.

Even when everything appears to be wrong, you can experience a sense of well-being when you appreciate all of the good things in your life.

Utilising gratitude as a self-help tool has come to me late in life, but better late than never. When you practice gratitude, noting three things you are grateful for each day has an enormous impact. It doesn't matter how you create your gratitude list, whether it's written, recorded on your phone, or listed on an app. The important thing is that you practice it daily. Things you might be grateful for could include:

1. A morning walk (notice a patch of blue sky, the heat of the sun, the scent of a rose)
2. Kind words from a friend
3. A smile from a passer-by
4. The smell of coffee brewing and freshly baked croissants (Well, I do live in France, despite never eating them!)
5. A bouquet of fresh-cut flowers, and so much more.

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Small is significant when it comes to being grateful. Any moment can be your gratitude moment. The idea is that you make it habitual. Over time your gratitude habit will contribute to a more positive mindset. These habits will move you further forward and enable you to make the beneficial changes you desire.

Writing down what you are grateful for is more powerful than just thinking about it. Writing gives your gratitude poignancy and enables you to go back and reflect on some of the positives in your life. Remember each day to seek out something different; it will make your gratitude practice more enlightening. In the evening, think back over your whole day and consider the best thing that happened that day that made you grateful.

Gratitude is a happiness tool, and let's be honest, we all need happiness. The author of *'The Secret'*, Rhonda Byrne, says *'Gratitude shifts you to a higher frequency, and you will attract better things.'* When you nurture this practice as a daily habit, you will find that life improves.

According to neuroscientists, more mature brains have a sunnier outlook because the limbic system, particularly the amygdala, an area of the brain involved in emotional attention and memory, becomes less active in response to negative information.' So writes Robert Emmons of the University of California, Davis, and author of *'Gratitude Works A 21-Day Program for Creating Emotional Prosperity.'*

Brother David Steindl-Rast says, *'If you think of this day as a gift and live it as your first day, and last, then you will have spent that day very well.'* I find this man very inspirational. Check out his famous Ted Talk entitled, *'Want to be happy, be grateful.'*

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## Task for Today

I've attached a daily gratitude diary for you to complete, a little something to help you begin your daily gratitude journey. So, whether you are practicing gratitude already or not, carve out some time to sit in a comfy chair, make yourself a nice cup of tea or coffee and reflect on the positives in your day.

## [Download your Daily Gratitude Diary](#)

Once you've completed this exercise, hit 'reply' and tell me what insights came up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 4, we are going to be talking about one of my favourite topics - Anti-Ageing. I have a lot to say about it!

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Be grateful for age; many have never experienced or will experience this part of life. It's full of superpower opportunities.

— Forward After Fifty (The Rising Reinventors) by *Rebecca Ronane*

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## Day 4: Anti Ageing

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 3, we talked about starting/continuing a gratitude practice and the impact it can have on your life. Today we're going to talk about embracing age as opposed to fearing it.

The very expression 'Anti-Age' conjures up negativity that is certain to get under your skin, so much so that you don't want to live in it anymore! This fear is excellent news for the powerful cosmetic industry. As we move into adulthood, we learn the underlying message that it's not good enough to be you. The Anti-Age skincare market is making trillions of dollars based on our collective fear of ageing.

Reinvention is not about a new outer skin; it's about a reinvented inner-self that can happily repel age-shame and allow you to step into your superpowers throughout the years.

Reinvention is about standing proud and navigating life after fifty. It's also about enriching ourselves and the people we choose to have around us.

Ageism is the most tolerated prejudice. Instead of feeling fearful about ageing, we need to join together and recognise that we are unique, irrespective of age. It's a privilege to age and experience all the stages of life.

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Since researching my book, *Forward After Fifty*, I came across Doctor David Sinclair who talks about the future of ageing. After reading his book, *Lifespan*, I realised that anti-ageing meant something entirely different for the world of science. I've always thought of it cosmetically, which felt insulting. I highly recommend reading the book or listening to the podcast for some eye-opening facts on age, as I believe everyone should hear his message.

According to science, age is a disease where the body breaks down in various ways allowing certain conditions to manifest. Ongoing research is coming out with fast and furious ways to limit this process; it won't prevent a death; that's not the point. Instead, the point is to defy disease through various supplements and medical interventions.

There is no longer one medication for all; medicine moves towards individual treatment. You have the responsibility for your self-care. Exercise, nutrition, sleep are under your control, and scientifically, these are your keys to healthy ageing. His theory is not about living to 100; it's about living in good health. Let's do this.

Make friends with yourself, your mind and your body. It's time to appreciate who you are. You have acquired wisdom, knowledge, and experience and have a lot to offer the world. Consider the relationship you are going to have with yourself from now on. Talk to yourself with kindness and compassion, asking what is best for you and your needs.

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## Task for Today

Spend a few minutes answering the following questions to highlight where you might be discriminating against yourself and others.

1. What do you tell yourself about ageing?
2. What have you said in the past about ageing?
3. What media 'stories' are influencing you?, i.e. 'You need anti-ageing cream', 'You're 'less than' because you're getting older' etc.
4. What do you tell others about getting older?

We've been brought up to be ageist by our society, and as Ashleigh Appleton, a longtime ageist activist, says, 'Ageing isn't a problem or a disease. Ageing is living. It is a natural powerful lifelong process that unites us all'. So let's age with pride.

Once you've completed this exercise, hit 'reply' and let me know what ageist things you're telling yourself and others each day. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 5, we are going to be talking about Boundaries.

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## Day 5: Boundaries

Welcome to *30-Days to Kick-start Your Life After Fifty*.

How did day 4 go? What were the key things you noticed as a result of doing the ageing awareness exercise?

Today I want to talk about boundaries. When you put boundaries into your life, you begin to create the life you desire.

## What are Boundaries?

According to the Oxford dictionary, they are "a line which marks the limits of an area; a dividing line" which means if you have difficulty saying no then perhaps you need to set some boundaries.

Boundary setting is a vast, often painful, area that can cover several aspects of life, whether mental, physical, emotional, sexual or spiritual.

Before I started my coaching studies, I hadn't realised how vital boundaries were and that they were missing in some of my life. After all, women were encouraged to serve others in my generation, whether in family or work. I'm only feeling comfortable now saying no!

My generation was all about saying yes, which left us unequipped to be decisive and be the leaders we deserve to be! We don't say no at school or work, do we? And, if we do, there are usually unpleasant consequences.

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## Simple Tips for Boundary Setting

Frequently women over fifty find themselves in the role of carer with elderly parents or perhaps adult children who still live at home. They can be in a job that no longer serves their needs or interests them and have put other people's needs before their own.

Boundaries are about respecting yourself, living life on your terms, and being respected by others. By setting boundaries, you will:

1. Gain stronger relationships.
2. Feel more in control of your life and the choices you make.
3. Buy back some time to do things you want to do, rather than what you think you should do.
4. Not feel frustrated, exhausted and put upon.
5. Find your health could improve.
6. Have more clarity about what is and isn't acceptable to you.

## Do You Need to Set Boundaries?

Ask yourself the following questions, and write the answers in your journal:

1. Do your family and friends expect you to say yes when you wish you were saying no? When you say yes, you're effectively saying no to yourself.
2. Do you feel pushed around? By family, your friends or your boss who don't respect your feelings.

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3. Are you settling for things in your life that you don't want? An environment that feels uncomfortable, a friendship or relationship that doesn't serve any purpose

If you have answered yes to any of these questions, it's time to set some boundaries.

## Strategies for Boundaries

Here are some strategies to start putting into place if you feel that you need to set some boundaries in your life.

1. Decide where you need/want to set boundaries. Setting boundaries isn't for the fainthearted. People won't like you changing and may tell you that, but remember you have to retrain them how to behave with you (you've allowed people to treat you this way) - Truth Bomb

2. Set out clearly what is/isn't necessary or acceptable to you. Then, plan out some phrases to make it easier to say no. Choose one area to begin. For example, that restaurant you never want to go to again, say, "Instead of going to xxx, let's go to ... for a change, I will make us a reservation".

3. Stay calm, confident and rational! When setting boundaries with people, do this with kindness. Remember, you are retraining people to deal with you differently. Saying no isn't easy, but practice makes perfect. So take a deep breath and remember this is your time to lead the life you want.

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## Simple Tips for Boundary Setting

1. Commit to change/doing things differently, one step at a time.
2. Say no to people who cross your boundaries
3. Say no to things you don't want to do
4. Say no to friends/family/colleagues/negativity
5. Say no to people who expect too much
6. Say no to people you don't know.

### Task for Today

If you haven't done so already, journal your responses to the three questions I posed under the header, "***Do You Need to Set Boundaries?***"

Once you've completed this exercise, hit 'reply' and let me know one boundary you will commit to putting into place. Then, share when and what you're going to do to make it happen. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 6, we are going to be talking about Confidence.

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## Day 6: Day 6: Confidence

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 5, we talked about boundaries, which you may not have come across before. I hope the topic got you thinking about how you can feel more empowered in your life. Today's topic is confidence. A topic that we've all dealt with at different times and in various areas of our lives. I want to point out that working on your confidence will also help you with your boundaries.

What's fantastic is you can build confidence. Even feeling a little more confident can work wonders.

When researching confidence linked to age, the dominating subject is how women over fifty look! Sadly we're not supposed to look anything like ourselves, according to who I'm not sure. It's time to drop this perception and decide that the way we look is on our terms. We are at last grown up and ready to make our own decisions. We do not need to buy into this anti-ageing nonsense.

This programme, *30-Days to Kick-start your Life after Fifty*, is about being you in every sense. Acting how you want, doing what you need to do, and most of all being you.

# 30 Days to Kick-start Your Life After 50

## Reframe Your Fear of Failure

The fear of failure can stop you from feeling confident. However, when you choose to view each failure as a learning point, it can save you from making mistakes, guide you and give you direction in life.

There is a phrase in the personal development world, 'Feedback, not failure'. When you view negative things that have happened as feedback, failure becomes a thing of the past.

## Aim for a 10% Increase in Confidence

In his book, *Self-Confidence*, Paul McGee talks about how an increase of 10% in confidence can make a difference in how you feel. So what might a 10% increase be for you? i.e.

1. Original: Reading an advert for a job
2. 10% improvement: Drafting a CV (curriculum vitae)
3. Original: Saying yes to everything
4. 10% improvement: Saying no to one thing
5. Original: Think about writing a blog post
6. 10% improvement: Writing the blog post and sending it to a friend to review.

What difference would a 10% increase make to your life?

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## Acknowledging Your Superpowers

On Day one, we talked about your superpowers, and your task was to write them down. When you recognise your superpowers, you can build upon them. So, for example, you could now list another three achievements. Your list could include a range of accomplishments, both large and small. For example, an award you've won, or that you make a great salad dressing.

It's time to choose to be confident.

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Don't waste time comparing yourself to others as you are unique. You have your own life experiences.

— Forward After Fifty (The Rising Reinventors) *by Rebecca Ronane*

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## Task for Today

Set yourself a timer and spend ten minutes answering the following questions. While there might be things that you don't like about yourself, this exercise focuses on self-acceptance. The more you accept yourself, the more confident you will be.

1. What 3 things do you like about your body? e.g. ( great sense of smell, eye colour, nicely shaped nails).
2. What 3 things do you like about yourself, e.g. your humour, your patience, your adventurous spirit
3. What 3 things could you believe right now that would take you closer to where you want to be?

As you complete this exercise, have a sense of awareness of what is coming up for you. Watch how you think, feel and behave as you go through the process. DON'T judge. Do not overthink this task. As with all of the exercises in this programme, awareness is the first step. Once you are aware of what is going on, then change can take place.

Remember, building confidence can take time. However, taking small steps each day will help you to become a much more confident person. Think of an aeroplane. If the pilot changed the direction of the flight path by 1%, the plane would be in a completely different place from its intended destination. Never underestimate the power of tiny change.

Journal your responses to the three questions I posed. Once you've completed this exercise, hit 'reply' and let me know one thing you like about yourself and commit to adding to your list each day. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 7, we are going to be talking about starting your day right.

# 30 Days to Kick-start Your Life After 50

## Day 7: Start Your Day Right

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 6, we explored confidence. Today, I want to talk to you about starting your day right. Whether you are a morning or night person doesn't matter, but you need to set yourself up for your best day.

Starting your day right is a way of giving yourself a gift each day. It helps you set your day up, let go of mind chatter, and build strength in your body.

Let's talk about your morning routine.

Do you bounce out of bed, or are you dragging your feet? Does everything feel like a rush? Maybe you're feeling overwhelmed the minute you open your eyes, and you don't know where to start?

Everyone's morning routine is different. Creating morning rituals will make a big difference to how your days pan out. Your rituals will be dictated by the amount of time you spend on them. While my clients often say they do not have enough time, everyone has 24 hours in their day. If you want to start your day off right, it's all about your intentions. You could make time by setting the alarm clock to go off a tad earlier! Even a morning ritual of 15-minutes can help you to feel better about everything, including ageing.

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I happen to be a morning person, and my ideal morning starts like this;

1. **A glass of lemon juice** - I drink a glass of lemon juice that I have prepared the night before. (If you're wondering, I split a fresh lemon, which I place in a pan of spring water. I then bring it up to a boil, turn off the pan and leave it overnight). Believe it or not, it tastes good.

2. **Cup of tea/reading** - Next, I make a cup of tea and spend about 15-minutes reading one of my books. My dog, Myrtle, will come upstairs and, in no uncertain terms, make sure that I know it's now her time, not mine. A walk in nature is not a bad compromise. On my return, I succumb to a cup of coffee (I'm only human) and start getting myself into the right mindset.

3. **Meditation** - I'm not a natural meditator. For me, it has to be quick and to the point. If you're the same, I'd suggest Googling Natalie McNeil's Soul Seconds which is perfect as you can choose one of many powerful meditations which only last three minutes.

4. **EFT** - Have you heard about tapping? Otherwise known as the Emotional Freedom Technique (EFT). EFT uses acupuncture points and is an excellent way to start your day both focused and positive. I recommend Googling the tapping master, Brad Yates, to discover his videos if you want to know more. He has a video for every scenario possible.

5. **Journaling** - I'd love to journal, and I know it's a proven tool to aid your mental health where you can brain dump your thoughts, both good and bad, which can be constructive. However, at the moment, it's not for me.

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People find that when they are stuck and perhaps complaining to themselves, putting pen to paper can help. I've tried, yet I haven't managed to incorporate this into my daily routine, but that doesn't mean it won't be beneficial for you, and by the time you read this, I may too have cracked journaling. I love this quote as it is an inspiration that journaling can help us go forward - *"Journal writing gives us insights into who we are, who we were, and who we can become"* – Sandra Marinella.

6. **Tai-Chi** - Time for my Tai-Chi practise can be challenging as I do the long-form, a twenty-three-minute continuous movement, and it sometimes feels what it says, long! Yet, I find that something that gives an internal massage and a focused mind is an excellent gift to give to oneself.

Preparing your mindset empowers you to get the best out of your day. Building in time for rituals is an essential element of being a superpowered woman.

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## Task for Today

Take thirty minutes to write down what would you like as part of your morning ritual, then test it out and see what works for you. Here are a few examples to get you started. Add your own:

1. A nice cuppa
2. Yoga
3. Stretching
4. Exercise
5. A cold shower
6. Visualisation
7. Listening to a podcast.

Mix and match until you discover the right combination.

Once you've completed this exercise, hit 'reply' and let me know your intended morning rituals, your perfect way to start the day right. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 8, we are going to be talking about reinvention.

# 30 Days to Kick-start Your Life After 50

## Day 8: Reinvention

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 7, we discussed how to start your day right. Today is all about determining ways to reinvent yourself. So often, when people turn 50, it creates an impetus. It's a time when people often realise that they have a choice. They can either create a mundane life or an amazing life.

Moving forward now, what do you think is going to distinguish the rest of your life? When you're sitting in a chair in the future looking back on life now, what will you wish you had been/done?

At any age, you can still do anything you choose. I know of a client that started her own coaching business at the age of 75! Nothing is beyond the realms of possibility unless you choose to believe it's so.

If you've decided that now is the time to reinvent yourself, what does that mean for you?

Here are a few examples of the reinvention process of my clients:

1. They decide they want to travel more and create a plan of the many countries they wish to visit.
2. They define what the perfect job is for them, develop the necessary skills and apply for a job.

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3. They start to learn about personal development and go on a journey of self-discovery.
4. They come up with ideas to change their environment so that it feels more in alignment with who they are now.
6. They set themselves up in business.
7. They choose to simplify their lives, i.e. relationships, careers, etc.

Often the key to understanding how to reinvent yourself lies in understanding more about who you are now. Who you are without the labels of a parent, child, partner, employee, etc. You start to uncover what's important to you and why. For example, it's one thing to have goals, another thing to understand the why of your goals. Understanding why you want your specific goal makes a massive difference to your approach.

It's one thing to have goals, another thing to understand the why of your goals. Understanding why you want your specific goal makes a massive difference to your approach.

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## Task for Today

It's time for a bit of self-reflection. Your task for today is to explore how and why you want to reinvent yourself. Write your answers down. They are more accurate when they are written and not just in your head.

Spend some time thinking about your story up until now. The first part of your life can help you understand what you are passionate about and the reasoning which will inspire you to create this part of your life.

What are your reasons for wanting to change and reinvent yourself? Write an honest list. You are more likely to commit to change when you know why you want it.

If you're not sure why you are worthy of redefining your life, here's why:

1. You deserve the best
2. You deserve change
3. You deserve to be valued
4. You deserve to look after yourself through self-care, a holiday, learning a new skill, and more
5. You deserve an incredible environment that supports you
6. You deserve to make the best of every single day of your life.

Today is the day you get to reinvent yourself and your life. How exciting! What will you create?

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Once you've completed this exercise, hit 'reply' and let me know what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 9, we are going to be talking about what's stopping you.

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Don't use age as an excuse to stop. On the contrary, your age can be an excuse to start. This is your time to do what you want to do; no one, not even you, needs to stop you. It is time to share your experiences, the wisdom you've accumulated, the lessons you have learned, your expertise.

— Forward After Fifty (The Rising Reinventors) by *Rebecca Ronane*

# 30 Days to Kick-start Your Life After 50

## Day 9: What's Stopping You?

Welcome to *30-Days to Kick-start Your Life After Fifty*.

We discussed ways to start your reinvention on day 8. Today's topic is called What's Stopping You from Making Change? When I think about things that stop my clients, some of the key areas that come up are:

1. Fear
2. Procrastination
3. Limiting beliefs

## Fear

Fear is a common theme that stops you from taking action. Yet, it's such a big topic that we have a whole day dedicated to it tomorrow.

## Procrastination

Often procrastination is a way of hiding fear.

Web definition – 'The act of procrastinating; putting off or delaying, deferring an action to a later time'

Deep down, you will know if you are procrastinating or if it's something else.

What form does your procrastination take? Here are a few examples:

1. Delaying tactics with social media

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2. Walking dogs
3. Reading newsletters
4. Checking the news.

What excuses are you making?

1. Are you using your age as an excuse?
2. What kind of excuses are you making?
3. What are you telling yourself?
4. Where are you making these excuses?
5. When are you making these excuses?
6. Who are you making them to?

Have you noticed that when you choose to stop making excuses and or procrastinating, you find that the task at hand didn't even take very long to complete? So why waste time and energy procrastinating when you can take action and get the tasks off your to-do list?

Choose today to let procrastination be a thing of the past. It's time to make things happen now.

## Limiting beliefs

One of the most common limiting beliefs in this stage of life with women I work with is menopause.

Some people will blame menopause for everything that happens in life after fifty. However, every woman experiences menopause individually, and in addition, some have many symptoms; some are symptom-free.

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## Task for Today

Reflect on the following questions and change your perspective. Then, spend some time writing down your responses. Don't overthink this. Write down whatever comes up for you:

1. If nothing changes, what impact will that have on your life?
2. What's one thing you would like to change?
3. Has someone else done it before? (If they have, you can too. You could even be the next trailblazer if nobody has done it before)
4. What did they have to do to make it happen?
5. How do you know you can't do it if you haven't tried?
6. What if you could do it and it far exceeds your expectations?

You've got nothing to lose and everything to gain.

So forget the excuses because you're about to take off into an unstoppable you.

Once you've completed this exercise, hit 'reply' and let me know what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 10, we are going to be talking about fear.

# 30 Days to Kick-start Your Life After 50

## Day 10: Fear

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 9, we discussed areas that might be stopping you from making changes. I mentioned that we would be talking about fear in today's topic.

Fear of ageing for women is varied. The pressure of change, such as sexual power, money problems, vulnerability, death, and health issues, both physical and mental, can be a nightmare.

This negativity is perpetuated by industries that are ready to catch us as we fall into the trap of no or low self-worth.

Did you know that there are only two real fears?

1. Fear of falling
2. Fear of loud noises.

All of our other fears have been learnt over the years, which means we can unlearn them, ready to unleash our superpowers on the world.

As a victim of my fears, I spent most of my time stopping things rather than starting due to low self-esteem. I also had a fear that I was too old to start something new. Instead, I could have been profiting from my gained wisdom.

This victim's behaviour stops once and for all!

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It's time to eliminate fears that may have built up over the years. These fears could have originated either from you or the people who surround you. Often you can find the people building on your worries are coming from their fear-based perspective.

Many fears could be getting in the way of your superpowers.

Here are a few of the learnt common fears that come up:

1. Fear of failure
2. Fear of embarrassment - mistakes
3. Fear of rejection - rejection is protection
4. Fear of success
5. Fear of the unknown.

When I look back on my life so far, I realise I could have stayed exactly where I was, and even now, I can reason with myself about how not to do something. I can trace my fears to my education; I can even recall negative words that continue to rest in my consciousness. Words have the power to move us forward or hold us in the past.

Let's explore and debunk a couple of fears:

## Fear of Failure

Fear of failure can give you the idea that it's safer and certainly more comfortable to remain in your comfort zones and do nothing. Let's change your viewpoint on failure. It can be a way to learn what is suitable for you rather than what went wrong. Thomas Edison said when inventing the light bulb, *"I have not failed. I've just found 10,000 ways that won't work."*

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You may fear trying out new things because of your age. This fear may hold you back from changing a job that no longer serves you. While ageism may exist in some companies, there are also many companies out there that don't discriminate against age; in fact, they view it as an advantage.

You may fear writing that book you always dreamt of publishing. However, your superpowers, wisdom and experience are the ingredients you need for writing.

You may fear starting your own company. All new companies have a fifty-fifty per cent chance of success, but if you don't take the risk, you'll never know.

## Fear of Embarrassment

Does fear of embarrassment stop you from moving forward? Here's how those fears might play out:

1. Perhaps you believe that people might not take your new business ideas seriously.
2. You might not speak your mind in a meeting. This scenario was typically me. I was fearful of saying the wrong answer or feeling foolish.
3. You may be afraid to start learning a new skill. Perhaps you fear being surrounded by younger people that grasp the topic quicker than you.

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4. You might make mistakes. That's okay; they help us to learn. However, you need to change the inner dialogue around them to use them as a learning experience.

5. You can often find a better way forward which then leads to unexpected and amazing surprises that might never have happened if you hadn't made that mistake in the first place.

## Fear of Success

Does the idea of success seem unreachable? Why risk failure?

Here are two beliefs that come up with my clients:

1. What if I get so successful I can't service people in my business?
2. What if being successful means that I no longer have any time to myself?

These are self-constructed fears. However, if your role/business grows, you can hire people to support you.

We will come onto success as a whole topic on its own. But, for now, consider if fear of success is one of your fears.

## Fear of the Unknown

Do you prefer to stay within your comfort zone rather than try out new experiences?

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As we know, nobody can predict the future. We don't know what will happen, but by not trying new things and staying in your comfort zone, you limit how far you can take your life.

If fear is holding you back, ask yourself, how is it limiting you? You could be missing opportunities as a result of your fear. If you'd like to get rid of your fear and limiting beliefs now, then click [here](#) to find out how I can support you.

## Task for Today

***Dare to Declare*** - Share one thing that you are afraid of, and commit to taking action on it. Then, you can declare that one thing to someone or myself and commit to doing it within a specific time; you can then be held accountable by that person or myself.

Here are a few ideas:

1. Have a conversation with someone, tell them how you feel about something
2. Have your hair styled in a different way
3. Next time someone suggests a movie they'd like to see, answer honestly whether you do too.

Once you've completed this exercise, hit 'reply' and let me know what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 11, we are going to be talking about values - one of my favourite things to discuss.

# 30 Days to Kick-start Your Life After 50

## Day 11: Values

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 10 we talked about fear. Today, we will explore what values are, why they are essential and how they make a difference in your life. If you've never done any work on values, you'll discover they're a fantastic tool to help you understand yourself and why you behave as you do.

I didn't know what core values were until I trained as a coach, so if this is the first time you've thought about them and you feel a bit confused, I get it! So, I've attached a worksheet as Today's Task for you to start exploring your values.

My top five core values are learning, challenge, connection, energy, nature. These are some examples of where they show up in my life:

1. I run a networking group (connection)
2. My happy time is walking (nature)
3. If each day were the same, I'd be bored (I need challenge)
4. My mind is 100% focused when I do a sport (energy)
5. I always thought I was a jack of all trades, master of none. Now I understand why. It's because I'm curious (learning)!

As a coach, I take my clients through a values elicitation exercise to uncover core values. This exercise allows you to explore what's important to you. It also addresses areas where you might not be living your values which can then cause conflict.

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When you understand your values, you'll know why you behave in specific ways; this will enable you to lead a life of purpose where you live and honour your values.

## Why Values Are Important

Values define character. Not the person you want to be or think you should be. We're talking about the person you are now.

1. Values are 'principles or standards of behaviour; one's judgement of what is essential in life'. (e.g. freedom, money, love)
2. Core values – What you need to have in your life to be you. (if your value is freedom and you are being told what to do at every step in life or work, it will be uncomfortable).
3. A compass to guide you – to give you direction in life – greater clarity and focus.

Everyone has their own unique set of values.

Discovering my top core values took me on an incredible journey about who my unique self is, leading me to understand who I am, why I do what I do and so much more. My behaviour and my reactions made sense. I now know what, who to avoid and where I should be.

Understanding yourself is like unlocking a heavy door and being able to breathe.

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When you understand your values, it will make sense why certain things stress you out, and others don't. In addition, you will know why you don't always relate to other people who don't have the same values as you.

If you're not living a life of integrity, how can you move forward? If, for example, you work for a company or on a project not aligned with your core values, you will not feel happy or do the work you are meant to be doing.

Your core values change very little over time, although a life-changing event such as divorce or bereavement and ageing can sometimes refocus where your top values lie.

## Living & Honouring Your Values

Once you know your core values, the next stage is to work out where you are living & honouring the values in your life. When you are living your values, you are living life on purpose, not by accident. You can use them as a compass to guide you.

Knowing what makes you happy, inspired, excited, and interested will make decision-making an easier and more joyful task. You will have more control over your life. You will make better decisions & act with more clarity, feeling happier and more fulfilled.

## Conflict Of Values

When something does not sit right with you, your values will often be in conflict with something/someone else.

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You can choose to:

1. Agree to disagree
2. Come to a compromise
3. Decide that the conflict is completely dishonouring your values and walk away.

Values work is life-changing.

If you want to learn more about yourself once you've completed the values exercise, then my Discovering your Inner Self package is a great way to do that.

## Task for Today

Complete the attached values worksheet. I'd love to know some of your top values and how they help you understand yourself.

## Exercise: [Values Exercise](#)

Once you've completed this exercise, hit 'reply' and let me know what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 12, we are going to be talking about success.

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## Day 12: Success

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 11 we talked about values and how important they are to know.

Today is about your success. What does the word success mean to you? Recently I asked this question to a group of women, and almost everyone had a different answer!

Success is personal and diverse.

Answers can range from the opportunity for freedom, achievement, happiness and a host of other emotions. Success is heartfelt and individual.

Here are some of the answers I received. Can you relate to any of them when you think of your definition of success?

- Achievement
- Freedom
- Opportunity
- Money
- Accomplishment
- Peace
- Choice
- Passion
- Happy

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- Fulfilment
- Contentment
- Winner
- Fun
- Love
- Independence
- Authenticity
- Consistency
- Being of service
- Satisfaction
- Resilience
- Challenge

Success in your twenties and thirties is often driven by external validation and financial need, the basics of living, raising a family and even recognition. Whereas if you are reinventing later in life, you may be motivated by internal satisfaction and a sense of fulfilment. Being true to yourself is more important than satisfying what others want you to be. So you can live on your terms.

In my journey at the age of 56, I lost a job and the financial security that I'd become reliant on. On reflection, I realised the job in question no longer gave me fulfilment or happiness. However, I had never allowed myself to think that there was anything else for my future self, until forced to change.

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Nine years later, my definition of success has changed to creating opportunities for myself and others. My core values drive my motivation; my top three are challenge, connection, and learning (if you haven't discovered your core values, go back to Day Eleven, where we explore Values). Therefore, understanding yourself (core values) is of utmost importance.

Forbes magazine wrote an article encouraging you to follow your definition of success rather than following the success of others. A recipe made easier by the amount of experience you have.

Many inspirational women talk about reinventing their lives after fifty, like Karen Arthur, Designer, Maker and Educator, someone I follow on Instagram. She suffered from a difficult menopause and depression, so she decided to leave her 'successful job' at fifty-two and follow her dreams, which was fashion. She now has a flourishing design business. Go and take a look at her story on YouTube.

In my networking group, Network Provence, many people have given up successful careers to pursue their passion: writers, artists, volunteers, homemakers, caterers, to name just a few. For example, a television producer is now a ceramist, a nurse has followed her dream to become an award-winning professional photographer, and a wedding planner is now a celebrant.

## Is It Time to Reinvent Your Life?

Success means something different to everyone. It is very personal. Whether you want world domination or to please yourself, define success on your terms.

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Forbes Magazine asks, *"What kind of things do you want people to say about you?"* This can give you an idea of the success you want to create.

Tony Robbins, a well-known coach and philanthropist, said it best: *"Success is doing what you want to do, when you want, where you want, with whom you want, as much as you want."*

It's time to celebrate the evolving you and create your success. Your age is now an advantage as the pressure to make successful decisions where others might have judged becomes less of an issue.

There is no need to compare yourself against other people's definitions of success. Instead, define success on your terms.

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Start to shift your thought process to believe that failure is directing you to create something better and that can manoeuvre you into your most successful time.

— Forward After Fifty (The Rising Reinventors) by *Rebecca Ronane*

# 30 Days to Kick-start Your Life After 50

## Task for Today

Reflect on the following questions, and write your responses:

1. What does success mean to you?
2. What needs to happen for you to create your success?
3. How will you know when you are successful?
4. What support do you need to achieve your success?
5. What one small action step could you do today that will start you on the path to success?

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 13, we are going to be talking about people-pleasing.

# 30 Days to Kick-start Your Life After 50

## Day 13: People-Pleasing

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 12, we were talking about your definition of success. Today we're talking about People-Pleasing.

Are you a people-pleaser?

Do you say yes when you'd like to say no?

Take a moment to reflect on that question. It's more powerful than you realise.

For example, you might be writing an important letter and the telephone rings. It's a friend who wants to tell you about her problems.

What do you do? Do you ask her to call you back as you're busy, or do you start to listen to her, knowing that it's going to cause you issues further down the line?

When you identify specific characteristics that might be holding you back, you can then work on making small changes for your reinvention.

Your to-do list might be lengthening as the days pass. Maybe your Mother calls you to help her out; a friend asks you to come to the cinema, another wants you to read something she's written. How do you react?

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You need to remember that when you say yes to someone else, you are saying no to yourself.

Do you find that you help others achieve things and put yourself last? Maybe you are overcommitting? How does that make you feel - good, overwhelmed, or some other emotion?

I was never conscious of the expression 'people-pleasing' before my coaching studies. Permitting myself to say no has been a post-fifty breakthrough!

## Saying Sorry

Start to notice when you are using the word sorry. Is there something to apologise for, or have you got into the habit of saying sorry unnecessarily?

You might find you have something to say at a meeting at work, yet others, once again, pip you to the post with their opinions. The moment passes, and it's lost. Maybe you're even choosing not to speak up at all for fear of what people will say/think. This could be a lack of confidence, or it could be that you're not letting your authentic self shine through.

Now is the time for you to speak up and ask for what you need. Helping people should be because you want to, not because you feel you should or have to.

It's time to stop people-pleasing as it can affect you running your true authentic life. Being over fifty means it's your time. Don't let anyone prevent you from going forward and sharing all you have to offer.

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Stopping your people-pleasing behaviour isn't for the faint-hearted but:

1. You will gain control
2. You will get your power back
3. You will be nicer to know!
4. You will get time to do things you love
5. You will feel more confident

There are two little words to keep in the forefront of your life. The two words are I and No.

How easy can it be? Well, it's simple, but not necessarily easy. If you put the time in, though, you can get better with practice.

## Practice Using the Word I (Me)

1. "What do I need right now?"
2. "What's right for me in this?"
3. 'If I park what other people want for a moment, what is it that I truly want?

## Practice Saying NO

1. Offer an alternative... "I can't do (date), but I could do (date) if that works for you"?
2. "It's a busy month. Let me check my diary when I'm back at home, and I will send you over some possible dates".
3. "It's not something that feels right for me, but I could put you in touch with ....".

# 30 Days to Kick-start Your Life After 50

Dare to be yourself. You must put your own needs first to create the best life after fifty.

## Task for Today

Answer these questions:

1. What's the worst that could happen if you speak up for what you want or believe is right?
2. What would be a great way to overcome that?
3. What conversation do you need to have to explain how you feel and the way you want your needs met?
4. Who or what do you need to say no to?
5. What is the benefit of holding onto this "You're more important than I am" ethos?
6. What needs to happen for you to honour and value yourself?

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 14, we are going to be talking about wisdom.

# 30 Days to Kick-start Your Life After 50

## Day 14: Wisdom

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 13, we discussed people-pleasing. Today, we are exploring your wisdom.

Fifty years on the planet is a remarkable achievement, whatever anyone says. Therefore, you have gained wisdom wherever you are over that defining year!

Interestingly, the word sage - age with an 's'- means wise with experience.

Are you aware that Forbes, a global media company have a voting process for the most successful females on an annual basis? Google it. It might surprise you that, without exception, the top ten are consistently aged fifty or over. In 2021, you had to scroll down to number 28 to find the first woman under the age of fifty.

In fact, within the top fifty places, only a handful of women are under the age of fifty. The motto of the magazine is "change the world". Therefore my question to you is; Are you ready to join your wise female counterparts?

If you compare your 25-year-old self with who you are now, you have to agree it's a no brainer that you've come a long way in the wisdom ranking.

You can waste tons of time thinking you need to be unique, different and have an Einstein brain to share your wisdom.

# 30 Days to Kick-start Your Life After 50

Stop being influenced by the constant negative messages that ageing means you're losing ground instead of gaining it. I read an interesting BBC article about the amazing fertility of the older mind. Science is proving that the older brain can learn. It is the lack of confidence that holds us back, not the years.

I know my hesitancy about wisdom has come from my limiting beliefs. Limiting beliefs are false beliefs that stop you from pursuing your dreams.

Tony Robbins, says *"The only thing that's keeping you from getting what you want is the story you keep telling yourself"*.

There is a difference between feeling confident about wisdom gained and bragging. It may be different today, but the act of bragging conjures up distaste to many generations (mine certainly), which can prevent you from sharing your experience.

I remember listening to a coaching expert with a friend, who explained her expertise on many subjects. My friend remarked, *"Who does she think she is knowing this and knowing that"*. The speaker had made her feel very uncomfortable. However, I know that my friend has limiting beliefs and consequently does not write that book she so wants to share!

Likewise, accepting and giving compliments can be problematic, particularly to yourself. How often have you helped out friends and family with your unique guidance? You need to acknowledge how accomplished you are because of your wisdom. Instead of feeling like sharing your accomplishments is bragging, choose to accept compliments when you are given them. Both the taking and or giving of compliments are gifts.

# 30 Days to Kick-start Your Life After 50

You're an expert in your life; therefore, own that you do have wisdom!

## Task for Today

Reflect on the following question today, based on an article written by coach Fran Fisher. Write down whatever comes to mind:

***"How fully am I living into my greatness and seeing the greatness in others?"***

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 15, we are going to be talking about connection.

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When you become a Rising Reinventor, you feel confident in sharing your wisdom, not worrying what others think.

— Forward After Fifty (The Rising Reinventors) by *Rebecca Ronane*

# 30 Days to Kick-start Your Life After 50

## Day 15: Connection

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 14, we talked about wisdom. Today we're concentrating on connection and what that might mean for you.

As I started my journey of reinvention, it became clear that I needed to step outside of some of my comfort zones. My life was good, but I didn't feel fulfilled somehow. Life didn't entirely satisfy my values of connection, learning, and challenge.

I trained as a coach and set up my business, *Forward After Fifty*, and I developed skills I hadn't even dared to consider. For example, using the tools I've been sharing with you in the previous days of this series. It wasn't always easy. But, I knew I had to market well to grow my business, and I invested in coaching and mentoring to raise my visibility in many ways.

I had to convince myself that someone might want to hear what I had to say. This is where the over-fifty superpower of freeing one's fear of being judged helped me break through my comfort zone, step out and do it!

As a result, I wrote blog posts. Something I'd never done before.

I created videos that felt scary, and then I explored unknown technology, which was a complete mystery to me at the time.

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Writing remains challenging for me, but there are helpful apps to check your grammar and structure, and as 'challenge' is one of my top values, I enjoy it!

These visibility strategies helped me connect with the outside world differently, allowing me to learn and embrace technology and a new way (to me) of working.

My next courageous act relating to connection was when I explored networking. Now, this was a word I'd only heard of vaguely. I had no idea what it even was. I wanted to connect and network with other people in my local area, but I found none. So finally, my coach and mentor challenged me to start a group of my own.

Picture an English speaker in France, newly qualified as a coach and never having been to a networking meeting, forming a group of her own. The situation seemed surreal, but I'm impulsive, which can help and hinder, but in this case, it helped, and Network Provence was born in 2015.

Today there's a membership group and a separate Facebook page of more than 1000 women. My group has created connections and opportunities for me and many others internationally.

Often, circumstances can change as you age. For example, you might have chosen to retire or have empty nest syndrome where your children have left home, which can leave a gap in your life. This is when it's essential to connect again with the outside world.

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Now, you may not have the time or the inclination to set up a networking group, but that doesn't stop you from seeking out a group near you or online if you want the same kind of connection that I desired. You can connect with other people in many ways. For example, you could consider joining interest groups such as photography, knitting, or a volunteer community. Essentially, somewhere you have a chance to meet other like-minded people and make connections.

If it sounds intimidating to join a group of people you don't know, remember that everyone in the room may be feeling the same or have recently felt that way. So you are never alone, and what's more, you never know what incredible friendships and connections you might make.

By learning the importance of connection as a top value for me, I was then able to understand what works for me and why. If you haven't done so already, discover your top values by going back to Day 11. They are an incredible tool for helping you live life to the full. Discover your top values and start to understand yourself in a whole new way.

Are you making excuses? I know, I've made all of them!

# 30 Days to Kick-start Your Life After 50

## Task for Today

Today's exercise is to reach out to a past friend or someone you admire. Connect or re-connect with someone today.

Creating connections, old and new, will boost your confidence.

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 16, we are going to be talking about judgement.

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Connection makes us feel worthwhile, allows us to learn from each other, create together, exchange emotions, laugh and cry.

We are social, not solitary animals.

— Forward After Fifty (The Rising Reinventors) by *Rebecca Ronane*

# 30 Days to Kick-start Your Life After 50

## Day 16: Judgement

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 15, we talked about connection. Today we are talking about judgement, which is a word that can hold us back from doing anything new.

If fear of judgement is an issue for you, you may want to look at where you might be judging others; it's pretty difficult not to. I read recently, *"When you want to judge, be curious instead"*, which changes everything. If you're not sure, reflect on the following questions:

1. What ageist views do you have?
2. Do you use derogatory words to describe age?
3. Are you positive and realistic about your own ageing story, and even more important, are you living your story or someone else's?
4. Do you stereotypically look at age groups?

For example, I read that baby boomers are supposedly stubborn and not open to change. That judgment seems unfair, and I suspect not made by a so-called baby boomer (my ageist judgment), although I might be wrong as there are plenty of ageist baby boomers too.

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A friend told me that she went for a job that she suspected did not have her age group in mind (that was her ageist judgement). However, she decided to play the experience card, and she got the job. So rely on your experience and be your authentic self.

In a court of law, we hope that the judges have the experience to see both right and wrong. Your vast experience will lead you to make better judgements for yourself, so lean into your wisdom.

Do we permit ourselves to create what we want, be our authentic selves? Are we only delivering what others wish? In exams, work, hair and beauty, and business, we often find ourselves pitched against others; sometimes, it feels more comfortable not to do anything at all.

Individuality has not been encouraged in the world of branding. The reinvention brand is the last chance breakthrough for you to do what you want.

When you've decided to step up in your life, it can feel terrifying. You might start judging yourself. If you've made it to this stage in your life without self-judgement, I admire you! I don't know one single person that hasn't judged themselves in some way.

Perhaps you identify with some of these:

1. "What if they don't like my voice, my message, my hair, my clothes?"

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2. "What if they judge me for what I'm sharing or just aren't interested?"
3. "What if they don't like me talking about xxx
4. "I don't want to come across as cocky”.

Those voices, voices, voices!! They follow you every time you're about to step out of your comfort zone, and they leave you wondering whether you have what it takes to make the change. (You have, by the way!)

Do you know what I say? Enough already!

Today, rather than reading all about judgement, I invite you to complete the following exercise:

## Task for Today

Discovering your Inner Gremlin brings you greater awareness to the judging or critical element in you. Let's have some fun. I'd like you to draw your gremlin.

### Exercise: **Draw Your Gremlins**

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 17, we are going to be talking about guilt. Something that can often come up after you've been exploring judgement!

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## Day 17: Guilt

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 16, we talked about judgement. Today we're touching on the uncomfortable subject of guilt. There are many ways to feel guilty, i.e. you could be found guilty of an action or you could have a guilty conscience about something.

We are focusing on the unhappy emotions of guilt here. It's an emotion and therefore not set in stone, as emotions can be worked through.

Everyone's definition of guilt will be different. Let's start with a dictionary definition - *"the unhappy feelings caused by knowing or thinking that you have done something wrong"* - Oxford Learner's Dictionary.

You've probably felt guilty at some time in your life, and if you're over fifty, you may have reached a time when you no longer have to look after someone (children, ageing parent, for example). This might evoke feelings of guilt because you have an opportunity to enjoy a new sense of freedom.

However, this time period can create many emotions. Unfortunately, guilt does not serve you in any way. Instead, it can hold you back from starting what you want to do for yourself.

Don't waste valuable time not starting your journey because of feeling guilty.

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Your journey and experience could help others. If you remember that you could be supporting others by sharing your message on a small/large scale, this will enable you to shift the focus to others and avoid feelings of guilt.

I listened to a dramatic story on an Oprah Winfrey show where a woman drank too much because of a problematic marriage. She drove her car under the influence, which resulted in an accident in which her child was disfigured. You can imagine how the audience reacted. They understood clearly why she felt forever guilty, yet the conversation shifted into why she should move on for the sake of her child, family and herself. An expert on the show advised she should take responsibility, let go of her ego and guilt.

She prevented herself from feeling joy because of her guilt, which impacted her and everyone around her. When you acknowledge your guilt and where it comes from, you will be free to go forward. Her story was shocking, but both she and the audience realised that holding onto the guilt kept her stuck in the past and served nobody.

## Does Guilt Serve You?

It might be if you've made some bad decisions or poor actions over the years. Remember, you can't change the past. You did what you did with the skills and tools you had at the time. Acknowledging this can be the first step in asking for forgiveness (if that is possible) and also forgiving yourself. Please note: Forgiveness isn't about letting people off the hook but empowering YOU to let go of resentment and guilt. Irrespective of your journey so far, guilt will not serve you.

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## Other People Can Feed Your Guilt

Sometimes, what can happen is people will say something to you that can then create Fear, Obligation and Guilt, aka FOG, as written about by Susan Forward in her book 'Toxic Relationships'. In this instance, the other person's needs are not being met on some level. You can choose whether you take on board those feelings or not.

Mel Robbins, a Motivational Speaker amongst other things, believes you can only feel guilt if you allow it to affect you. She says if you start to feel guilty, create distance, and then address WHAT makes you feel guilty or WHO makes you feel guilty. Once you have this information, you can then let the feelings of guilt go. I will be sharing an exercise today to help you do that.

Don't let other people's needs raise feelings of guilt in you. Your friends and family may find your reinvention exciting or scary. Exciting as they want the best for you, scary because it might not be the best for them, i.e., they might feel you're leaving them behind or will have less time with you.

Let me share a specific example:

I run my business from home, and as part of that, I'm often at my laptop working on specific projects. Sometimes, I can hear my other half rustling around in the background, with what I think is an expectation of making dinner! Now, this could make me feel guilty.

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However, I have had a conversation to set boundaries for when I am available, which has worked well. It's always more challenging when you work from home, as there is the expectation that because you are physically there, that you are mentally there too. So if I dropped everything I was working on to focus on dinner, that would not help me grow my business. In theory, I'd be people-pleasing.

Side note: If you notice you are people-pleasing on some level and that other people's needs are often put before your own, then go back to Day 13 - People Pleasing day, to remind yourself of what action you can take. Be strong. Don't give in!

Remember, you need to serve yourself to serve others.

Today, I will leave you with one powerful question and a 'letting go' exercise.

What's the benefit of you choosing to feel guilty?

## Task for Today

### Exercise: Letting Go

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 18, we are going to be talking about money.

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## Day 18: Money

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 17, we talked about guilt.

Today we are going to explore money. This can be a controversial topic and one that we often don't feel comfortable talking about with family, friends or even clients.

Money, by definition for a lot of people, is an emotional subject, which can be prevalent throughout your life. You might have a lot of money and want to hold onto it, you don't know what to do with it, and it feels like a responsibility, or you might have a poor relationship with money where you can't hold onto it, and it goes as quickly as you earn it. You might be anywhere in between the two ends of the scale. Money can bring up more conversations than we can cover in one day, so I will keep it simple with my goal to get you thinking more about money and the part that it plays in your life.

## What Are Your Money Stories?

We all tell ourselves stories about money. This can be based on childhood and learned experiences over the years.

In my book, *Forward After Fifty*, I share my money story. I was a person that did not look at their accounts. My partner is a very good money manager. Because of that, my interest in money has grown. I learnt that I had a money story that needed to be transformed.

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Learning from my childhood, I realised that I had one parent who held onto money and another who let it all go. This meant an internal conflict around money for me.

Here are a few common money beliefs:

1. You have to work hard for money
2. Money comes in one hand and goes out the other
3. I always have everything I need.

I'm going to share an exercise with you for your task of the day to identify other stories you might be telling yourself about money.

In the exercise, I've shared a few ways you might have inherited poor/good money stories from your parents and others, but this is not about blame. This is about you taking responsibility today to be a good manager of your money. If you blame others, it permits you to carry on the same way, which won't change your situation. Remember, this journey is all about reinvention, so it's time to do things differently.

## Simple Money Strategies

The hardest part about money is being willing to face your current situation and take responsibility for your finances up to this point in your life. Of course, you might be an incredible manager of your money, in which case, skip today's task. However, you might still get some valuable insights from the exercise as money is not something we often explore.

Here are a few simple money strategies that you can adopt today to help you to feel more empowered about money:

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1. Figure out how much money comes in and goes out.
2. Check your finances daily.
3. Work out what practical things you can be doing to increase your income/clear down your debt.
4. Notice how money affects you physically, mentally and emotionally.
5. Decide to reinvent your relationship with money from today.
6. Change how you talk about money.

## Task for Today

Below you will find some exploratory work to do around your money stories. Set aside some quality time to go through the statements and questions.

## What Are Your Money Stories?

We covered three familiar money stories in today's email. Here are some more for you to explore. Notice some of the stories you might be telling yourself about money. Tick the phrases that resonate with you.

1. Money is hard to come by
2. You have to work hard for money
3. Money is dirty
4. Money is for greedy people
5. When you have the money, you turn into a bad person
6. I don't deserve to have a lot of money
7. Money is the root of all evil

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8. Money doesn't grow on trees
9. I always have more than enough money
10. As money goes out, more money comes in
11. I always have everything I need
12. I am abundant in all areas of my life
13. I deserve to be wealthy
14. I am always successful
15. My income is constantly increasing

## Money Discovery

Now that you've uncovered some of your money stories, it's time to explore a little more about your relationship with money and where it might have come from.

1. What were the positive and negative events that shaped your relationship with money?
2. What was your parent(s) relationship with money? (your observations).
3. Finish the sentence: "I think that my Dad/Mum's beliefs about money were...."
4. List the effect of their beliefs on you.
5. Finish the sentence: "I am (am not) in the exact money situation I would like to be in because:
6. What do you need to do to have/make the money you want?
7. What stops you from having/making the money you want?
8. What were your biggest takeaways from this money exploration?

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Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me. On day 19, we are going to be talking about health.

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When you're in control of your money, you have more choice.

— Forward After Fifty (The Rising Reinventors) by *Rebecca Ronane*

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## Day 19: Health

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 18, we talked about money. Today, we're talking about the benefits of looking after your health.

Your health and wellbeing are optimum. However, I don't believe that health issues necessarily mean that you can't plan, do or start your reinvention. On the contrary, you're adapting to your circumstances constantly, so when something comes along and knocks you off your straight line, whether emotional or physical, it can mean a new door is opening.

My health took a turn for the worst in 2011 when a routine mammogram turned into the nightmare of being told I had suspected cancerous cells lurking. So naturally, I was angry and didn't take kindly to the lumpectomy and radiotherapy process. If only I had known that this was the start of my reinvention.

Whichever way you manage your health, whether the medical route or through alternative therapies, it's essential to step up and upgrade your health care. Your body is a machine that needs your love and attention, so nourish it well. You are the only one that is going to look after it.

We are all different in how we function, so it is a no-brainer that investing in preventative health will help you be more likely to stay well. Of course, your body will have its weaknesses, but if you can do all in your power to prevent illness, then you must invest the time to do it.

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You might start to think more about your diet at this stage in life. When I say diet, I do not necessarily mean calorie counting, but the foods you eat. How has your lifestyle changed since turning fifty? You are in control of your health and well-being, which falls into many areas, such as physical, mental, emotional and spiritual. There are too many to go into depth here, so we'll focus on physical health.

*"Prevention is better than cure"*. There is a wealth of information that you can tap into, so you have no excuse but to start to understand what your body needs. The key here is to take control of your health.

Today, I have some thought-provoking questions for you to consider. Before we do that, though, I want to share some snippets from an interesting conversation with a nutritionist. She gave me some priceless tips to share with you here:

I interviewed nutrition, lifestyle, and Wildfit coach Lisa Plutoni on my [Podcast](#) show, *Forward After Fifty*. She says our complicated bodies need gentle attention. Instead of doing this, we concentrate on weight and what we look like. It requires much more effort to notice what's happening inside you. You don't need a science degree to find out the primary ways to create beauty on the inside, which will, in the end, be your saving grace.

## Water

My Mother's generation was not encouraged to drink water in the way we are today. I never remember even seeing bottled water growing up. Tap water often had something extra to make it palatable such as lemon or orange squash, which we now know was a chemical cocktail of sugar.

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No wonder we grew up hankering after something sweet! Interestingly, our taste buds can change after fifty. We can even lose the desire to drink water. The dehydration results are many and can include muscle weakness, dry skin, and a contributory factor to many serious health problems.

## Food

Let's talk about slowing metabolism. You are what you eat. Did you know that one in three women over fifty will have a problem with their bones due to a lack of the mineral calcium? Dairy, leafy veg, nuts/seeds help to prevent osteoporosis. Protein deficiency can lead to loss of balance which in turn produces falls. Falling is a danger to be avoided, and it's not just the obvious, i.e. off a ladder!

Muscular strength may be something you haven't worked on until now, but eating the right foods can build your muscles alongside exercise, which we will discuss on day 20.

## Brain Health

Vitamin B 12 is essential for normal brain function. B12 in humans needs the help of a diet that includes lean meat, chicken, liver, fish, egg and cheese. Meditation practice protects our brains; it relaxes us completely and re-energises us. Exercising your mind and your body can improve brain health, i.e. You could create a project that would give a sense of purpose and achievement.

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## Sugar

Did you know that sugar is more toxic than cocaine, so we should be avoiding it? Sugar is empty calories - The more we eat, the more we want! If you'd like to know more, [listen to the podcast](#) where I interviewed Lisa.

All of these worries are so much more important than wrinkles, no? And what's fabulous is that you can often prevent all these potentially disabling or dangerous illnesses. Still, you can't prevent wrinkles, so it's undoubtedly better to do what you can do, rather than what you can't!

What about exercise? We have a day dedicated to that. Don't worry if you're not planning to be the next triathlon winner. Ultimately, exercise is just about movement, so it is all about finding the activity you enjoy.

As Tony Robbins says, *"We know that what we feed our bodies and minds can make a massive difference to how we feel."*

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## Task for Today

Ask yourself the following questions:

1. What is the impact of not looking after your health having/going to have?
2. What needs to happen for you to put your health and wellbeing first?
3. How can you make your health and wellbeing a priority?

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 20, we are going to be talking about exercise.

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## Day 20: Exercise

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 19, we talked about health. Today, we're talking about moving. Exercise is a proven positive contributor to ageing well.

The female boomers were a generation that believed that sport was primarily for boys, and it equalled competition. Remember cross-country? (a cruel favourite where I came from). You were trying to run on a wintry day through the mud, freezing and knowing that there wasn't a hope in hell of getting near the front line. Therefore if you came in the last wave, you had failed. This failure association may not encourage you to want to exercise. It is no surprise that many of us had no motivation to exercise coming from this background. Sports clubs then started to appear, marketed by rippling muscles and sleek bodies, hardly inspiring for those of us who felt intimidated by that standard. Even now, looking at sports websites, you'll be lucky to see post-fifty plus-size women adorning the home page.

The belief that you have to be fit before starting exercise is neither helpful nor healthy! It is essential to exercise if you want to age positively and powerfully. It's not about losing weight or having a toned body; it's about protecting yourself and preventing disease.

You need to move more.

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My fragile 91-year-old Mother lacks muscle due to not having an appetite and due to her lack of interest in exercise. Indeed, the generation she came from didn't entertain an attitude for sporty women or exercise of any kind. Look at the Olympics at that time. So we're still evolving from generations who didn't look at exercise as an essential part of health. However, if you were born in the fifties, like me, you've been fortunate as an adult to have exercise clubs with programmes at your disposal. You can now even exercise remotely and at your own pace.

You might be someone who doesn't care for exercise; the word conjures up a non-positive vibe for many. But, on the other hand, I'm lucky that exercise serves three of my core values:

1. **Challenge** - whether it's remembering the 25-minute flowing movement of Tai Chi which took three years of study, or making sure I can keep up with the teacher, which can be challenging. If I'm walking and there's a hill to climb, I'm up there. I thrive on a challenge.
2. **Energy** - Exercise is not about having the energy to do it; Exercise is energising. We need the energy to reinvent ourselves.
3. **Connection** - I've always loved exercise, particularly in a group setting. Today I enjoy Pilates, walking, swimming and Tai Chi (meditative and mindful exercise). The possibilities are endless. Think of your body as a machine that needs toning as well as nourishing.

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## Good News!

The good news is, you can start exercising (moving) forward after fifty even if you've never done so before! There are plenty of programmes to join online and without fear of judgement. You can keep your camera off if you want to. It doesn't even have to be as complicated as an exercise programme. Just move.

You get to choose the exercise you want to do because you deserve it. Exercise for yourself, not to please other people.

### Task for Today

Think about how you can move your body more. It doesn't have to be an exercise class if that's not your thing. Likewise, you don't need to don a bathing suit if you hate the water.

Spend some time today choosing a way to move your body more. Treat it like an experiment. If you don't enjoy one method you try, choose another one. You never know; you might find something you fall in love with. That's what happened to me with Pilates.

I invite you to spend 5-minutes today moving in a way that works for you. Once you make that initial step, it can be the beginning of a whole new way of life.

Let me hold you accountable - Hit reply and let me know what exercise you have done today for 5-minutes. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 21, we are going to be talking about goals.

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## Day 21: Goals

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 20, we talked about exercise. Today we are talking about goals. Reinvention may involve goal setting for you, which will mean some strategic planning.

Goal-setting might create excitement, or it may overwhelm you and sound a little unrealistic, like new year resolutions.

I fell into the second category when I started to reinvent myself. It all sounded too much, although I thought I should be able to do it if others could. Everyone has their strengths and weaknesses and recognising what you CAN do rather than what you can't makes reinvention more pleasurable.

I work in 90-day blocks. Sometimes it works, and sometimes it doesn't, and although impatiently I find my non-achievement frustrating, in the end, it is what it is. Getting anything done is better than nothing, and perhaps everything is precisely as it is meant to be!

Realistic goal setting is essential.

There's a theory that writing down your goals makes you 90% more likely to achieve them. Are your goals written?

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*“Write it down. Written goals have a way of transforming wishes into wants; cant's into cans; dreams into plans; and plans into reality. Don't just think it - ink it!”* - Michael Korda

Don't be afraid to dream big, and create a plan to reward yourself at the end. But first, let's clear the decks to have the mental and physical space you need to set some big audacious goals.

## A 3-Step Strategy to Powerhouse Your Goals

Here is a 3-step strategy to powerhouse your goals. Of course, you may be starting from a blank page, so be kind to yourself.

### 1. Set Yourself Up for Success

Get every task that is in your head down onto paper.

Go through the list and prioritise in order of importance. Who could help you get some of these things off your list?

### 2. Clear Your Energy Drainers

You've just created a comprehensive list of what needs to be done. Which ones are draining your energy?

What are you tolerating? (paperwork/phone calls you need to make, friends you need to catch up with, drawers to be tidied/decorating etc.)

List 10 things that you know need your attention. Then, make it your goal to complete as many of them as possible in the next 30-days.

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## 3. Create a Power Hour

Set aside 1 hour per week – a Power Hour - where you focus on your goals, review your progress and reset goals and tasks where necessary.

What day/time each week works for you? Put it in your diary now! Commit to yourself.

## Setting Big Audacious Goals

If you want to think bigger, consider what you would like to achieve over the next six months. Imagine yourself achieving the big goal you set. If you got that outcome today, how satisfied would you be? Then, think about how you would feel having achieved that goal. This will help you understand whether it's the right goal to focus on.

## Simple Tips for Goal Setting

1. KISS – (Keep It Simple Sweetie.)
2. List 1-3 goals you would like to achieve in the next six months. Stick to 3 goals only so that it does not feel overwhelming. If you achieve them early, you can always set some more.
3. Set FAB goals – Fun, Amazing, Big goals. Open up to the power of possibility, and don't limit yourself.
4. Check again - Are these goals what you REALLY want?
5. What will you be/do/have when you've achieved your goal(s)?

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This is an essential question - If you could have your goal right now, would you take it?

## Task for Today

1. Go back through the 3-Step Strategy to Powerhouse Your Goals and Setting Big Audacious Goals, and choose one area that you would like to work on.
2. Create a goal with some small action steps
3. Put your action steps in your diary, with dates, as a firm commitment to yourself.

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 22, we are going to be talking about work/life balance.

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## Day 22: Work/Life Balance

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 21, we talked about goals. Today we are talking about work/life balance.

Could working be part of your overall reinvention plan?

Let me share some interesting insights with you about work and the over-fifties.

Did you know that we, over-fifties, are the largest, growing demographic of entrepreneurs? We are in a transitional period of getting over the 'secure job for life' followed by an expectation of retirement. In 2021, the way people work changed. Many people were forced to work remotely or in a hybrid way with a split between home and office, which changed how people work.

The generations of baby boomers and generation x have busted so many ingrained ideas from the past. We have jumped off the precipice first, having new careers at fifty-plus on our terms. Why not? (If you don't know, baby boomers were born between 1946 and 1964 and Generation X were born between 1965 to 1980).

Women can be the leaders of a forward after fifty-movement, which we can handle as we have so much experience.

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For the most part, women of our age are still programmed to work for someone else. However, we have many tools and resources at our disposal. This is why many fifty-plus female entrepreneurs are starting up their businesses. If this is something you have thought about doing, now is the time.

Over fifty start-ups can have money to invest and experience to see potential pitfalls. Investors can find that attractive.

Did you know that 70% of adults with the most disposable income were over-fifty according to a US News Baby Boomer report in 2015?

We are a force to be reckoned with!

Although many parts of the world are saturated with ageism, you may subconsciously still be perpetuating limiting beliefs around what you can do work-wise. Therefore, you need to prove to yourself and others that there are no limitations.

Start to challenge ageist thinking. When you hear people saying they are 'too old to ...' do something, learn something new, start a business, for example, remind them of all the positive ways they could talk about ageing instead.

Work could be a fulfilling project on your terms, including working from home. Check out the Boundaries topic (Day 5) to ensure you have boundaries in place if working from home is new for you.

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You may be in a job you no longer love and are afraid to upset the status quo because of the risks involved should you lose your job. You perhaps believe that you won't be as employable due to your age, or the idea of starting your own business seems entirely off-limits to you. You might not even have thought of it. It's 'what other people do'.

To start/learn something new can feel overwhelming. However, it can also be exciting as you embrace life differently.

If working is part of your plan, in what capacity? Today's task is about exploring your ideal working life (if you want one). If you'd like to get clarity and a better work/life balance now, then click [here](#) to find out how I can support you.

## Task for Today

Spend some time thinking about the following questions to get you started, and when you're ready, write down your responses:

*What would be an ideal work situation for you?  
What would create balance for you?*

## Running Your Own Business

1. Is starting or continuing a business something that you'd like to do?
2. What hours would you like to work? (Consider flexible working hours and part-time)
3. How would you feel working from home?

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## Profession

1. What job would excite you?
2. Would you like a job with or without progression?
3. What do you need from your working life?

## Volunteering

1. What volunteer programme would light you up?
2. What projects/campaigns could you investigate?
3. Would you love to make a difference through a project/campaign?

## Work-Life Balance

1. What's your work-life balance? (Side note: Life will never be perfectly balanced, however, you can create better balance in your life).
2. If you were splitting your week into two parts: play and work, how balanced would it be?
3. What does it take for you to switch off your brain from work?

Not sure, and need some ideas?

Figuring out what you want to do can feel challenging. So here are some questions for you to ponder:

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1. What do you love to do?
2. What activity do you lose yourself in when time seems to pass by?
3. What three small things could you bring into your day, just for you?

Work can give you more than money; it can provide you stimulation, connection, a feel-good factor, friendships, and an opportunity to grow your skills.

Now knowing what you know, what needs to change, if anything?

If lots of different thoughts and ideas have come up, note them down and allow them to percolate over the next few days. You may even have decided it's time to stop working altogether and do something completely different with your life.

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 23, we are going to be talking about productivity.

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## Day 23: Productivity

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 22, we talked about work/life balance. Today we are talking about productivity.

If you want to hit your goals, whether big or small, you need to be productive.

There can be many things that are holding you back from being your most productive self:

1. You worry people will judge you.
2. You put other people's needs ahead of your own (review People Pleasing - Day 13).
3. You think your goals are unreachable.
4. You don't believe you are good enough.
5. You take yourself too seriously.
6. You think you have nothing worthwhile to contribute.
7. You agonise over decisions.
8. You feel the process takes too long.
9. You believe your task/goal will take too much effort or commitment.
10. You think you will make a mistake.

## Excuses, Excuses, Excuses!

Are any of the above excuses yours?

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A common excuse is to use your age as a way to get out of doing something new or something you perceive to be challenging. Unfortunately, using age as an excuse is an easy way out, and it means you may have been listening too much to the outside world.

I am reminded of my journey with speaking French. I have a French husband who speaks English fluently. When I need to say some unknown words in French, when a challenge comes up, I call for Alain. It is easy to do, but I'm also aware of this disempowering behaviour. Unfortunately, this is precisely how age-excuse works!

Let me share an example with you - One of my friends has been actively encouraged not to join social media. Her children prefer her not to be up to date with technology. 'I will get my child, grandchild to do that' is a popular excuse that people make as they get older. Instead of muddling through and learning new information, they choose to hand over all computer challenges to their techy-savvy family willingly. That's not helpful to you.

My Mother has conquered the iPad recently, so if she can do it, anybody can. Of course, it might be a different approach to what you're used to, but our ageing brains are pretty adaptable if you are willing to learn (unlike what the media would like you to believe).

There have been plenty of moments when fear has stopped me. Sometimes, I have held the belief that success is only for other people and not me. Thus, making excuses such as, 'I must put my ageing Mother first', or with my partner, 'It's time to cook the dinner' or 'My dog needs a walk right now'. Sometimes even the housework comes first, and believe me, that would not be on the top of my list!

# 30 Days to Kick-start Your Life After 50

I've learned from having worked as a tour guide for years that you can run your day like clockwork when you follow an itinerary. A 24-hour day can consist of historical visits with timed entries, restaurant reservations, transport departures and arrivals at hotels for dinner, followed by shows and so much more. An itinerary is fantastic. Running your show can be a little more challenging.

The big issue is we have too many choices, so we need tools and strategies to help us become more productive.

Here are some valuable strategies to help you become more productive. It will help if you build in time to relax and ensure you have reward time.

1. **Use a diary** - such as a daily planner to help you keep on top of things.
2. **List your top 3 tasks** - Most Important Tasks; I've talked about this before. Write down three things you want to achieve in a day and do them.
3. **Use the 5-Second Rule** - Mel Robbins, Five Second Rule to get going. The simple method she shares in her book to get started is to say loud and clear, "5-4-3-2-1," and do the task. As crazy as it seems, it works.
4. **Free up your time** - with help where you can.
5. **Be mindful of distractions** - they inhibit your productivity. Disable notifications, turn off the TV, close social media apps. Dedicate limited time to each of these areas. There are distraction-busting apps that can help.

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6. **Energy levels** - You could be a night owl or a morning person. Work to your best times of day to be your most creative. Know when your attention span is high. Use the right time as your superpower.

## Task for Today

Getting more productive can be helped by creating some new daily habits. Take a look at the attached:

### Exercise: **Daily Success Habits.**

Choose some practices that will help you be more productive. By strengthening your habits and commitments, you will be setting yourself up for success.

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 24, we are going to be talking about learning.

# 30 Days to Kick-start Your Life After 50

## Day 24: Learning

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 23, we talked about productivity. Today we are talking about learning.

Learning is a top value of mine, and even it's not yours, I think it's essential to dedicate some time to this subject.

A recent Google search of 'What can you learn after fifty?' returned Quora's interesting response by Cyndi Perlman Fink. These are a few of her answers, which I certainly identified with:

- I learned how to start a business.
- I learned how to programme the website we launched.
- I learned how to do an elevator pitch.
- I learned how to deal with liars, crooks and thieves, and not break.
- I learned that you can never know a person's character by looking at what they wear, where they live, or what kind of car they drive.
- I learned that I am strong. I learned that when the wind blows with the strength to knock me down, I may go down, but I'm not staying there".

# 30 Days to Kick-start Your Life After 50

The potential to learn after fifty is enormous, whether it's learning a skill, learning from your emotional journey, or learning from other people's experiences.

This is not the time to stop. It's time to get up and go.

The way we approach retirement is changing.

The concept of retiring has changed for many. I question whether it's even there anymore. You may well have heard some retirees say that they have no idea how they had time for a job, as they are busier now than they have ever been.

Instead of stopping, it's all about starting. New careers, new projects, new responsibilities, new lives.

## This is the time to learn.

If you believe you need to learn a new skill or update those skills that you already have, then this is your time. The time to learn without pressure or judgement, just pleasure.

This is one of the significant advantages of being over fifty. You can go with the flow and ease into the process of learning something new, or you can add to your skillset at your own pace.

There's a myriad of opportunities available to you, and you don't have to be an Einstein to try any of them.

# 30 Days to Kick-start Your Life After 50

I'm no academic. I didn't do well at school. I never even thought about going to university. Yet I want to learn about everything. I am naturally curious. And if I ask myself the same question that Cynthia answered to the Google search of 'What have you learned after fifty?' I'd reply with the following:

- I learnt how to build two websites.
- I learnt how to create a thriving networking group.
- I went 'back to school', learnt and became a Life-Coach.
- I learnt how to create images for social media.
- I learnt how to write blog posts.
- I learnt how to do videos.
- I learnt how to set up and host my podcast show.
- I learnt how to do Instagram and so much more.

My learning didn't take place overnight. I took action steps one thing at a time. Whenever I had some spare money, I invested in learning.

Learning can take many forms. It could be as straightforward as learning a new recipe, language, or a new field altogether.

# 30 Days to Kick-start Your Life After 50

We all need to keep learning as it is essential for our brain health. This could be puzzles, crafts, technology, or reading. For example, my Mother is in the process of trying to draw on an iPad with an Apple Pencil. Not an easy task as, unlike a regular pencil, this one has endless possibilities. It's hard for her, but I'm convinced the process of understanding this magical tool is stretching all kinds of bits and pieces in her brain and, I might add, mine too.

Do you have limiting beliefs about your capability to learn something new?

Choose to reframe that, and believe that you can learn something new. If it feels too much to learn, you could break it down into simple steps. Let's take the following examples:

**Yoga:** The first step today could be to check out yoga classes in your area, go online to find a book about yoga, read some blogs dedicated to the subject. You could even take an online class in yoga.

**Writing a Book:** Have you always wanted to write a book? What could you learn about writing a book? Who do you know that's written a book that could inspire you? What resources do you need? What research could you do around writing? I started writing my first book at the age of 65. It's never too late to start.

**Learning a Language:** Do you want to learn a new language? I've been in France for years, but I still have a French teacher as I love the act of learning. You don't need to be fluent. You don't need to pressurise yourself to be perfect in any way.

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French people speak French fluently because they had the gift of being born into the language, just like all native languages.

Satisfy your curiosity, don't overwhelm yourself. Instead, start small with just a gentle challenge. If you look upon any learning as too big a deal, you'll never get off the starting blocks.

## Task for Today

Write down one thing you've always said you wanted to learn, and choose your first action step. Then go out there and make it happen.

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 25, we are going to be talking about travel.

# 30 Days to Kick-start Your Life After 50

## Day 25: Travel

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 24, we talked about learning. Today we are talking about travel.

Travelling today, generationally speaking, has been an acceptable and expected pastime. However, most fifty, and certainly sixty-plus years olds come from a time when travelling abroad was considered a luxury.

By the time I was sixteen, I had only been abroad three times, and as for my Grandmother's generation, she only ventured onto an aeroplane for the first time at sixty-something, although she had travelled by sea. I don't think this was that unusual up to the eighties.

I worked in travel for over thirty years, leading groups into many corners of the world. Many considered I had a dream job. Back then, women either didn't travel or if they did, it was unusual for them to travel alone.

I love to ask questions, and a while ago, I recorded a podcast episode entitled "If you could live anywhere in the world after fifty". My friend, Ana Onatah, said that after a very 'normal' working life, when asked this question by someone else, her immediate answer was Italy!

After giving it very little thought, she found herself departing from her home and husband and heading to live in Italy. She never looked back and has since lived in a couple more places in France. As soon as Covid restrictions allow, she'll be heading back to try the South of England.

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Often bucket lists have at least one travel wish or even a wish to live in some far-flung land. It's your time now to make all or some of those dreams come true. Let's fast forward to the 21st Century, where you can travel anywhere you can afford or desire to go. But, unfortunately, what can happen is too much overthinking about why we can't do something, which can then hold us back.

Travel has so much to offer us as we move forward after fifty, which is way beyond catching the sun (although vitamin D is a health factor that we mustn't ignore at our time of life).

Being away from regular life in an unfamiliar setting can instigate self-reflection, learning and ideas and many other emotions, which are all reinvention ingredients. Explore to self-explore.

Solo travel is the biggest growing demographic; therefore, leaving your travel partner behind is relatively easy if you need/want to.

Many companies offer small-group travel with individuals in mind. A group of people together on one journey to pursue happiness is a recipe for success if travelling alone doesn't appeal. Numerous retreat opportunities are available on every subject under the sun. So again, if you are alone, this would be the perfect way to find yourself amongst like-minded people.

Travelling can build your confidence, open your eyes to new experiences, and be eager for change. So even if you don't have money to travel just yet, there's nothing to hold you back from journey planning.

# 30 Days to Kick-start Your Life After 50

If the thought of money stops you, apart from putting say £10\*\* aside each week, you could investigate volunteering abroad as there are programmes for over the fifties that can take you abroad. *\*\*Please substitute with your own currency.*

*\*Pinterest is a search engine that acts like a digital noticeboard where you can 'pin' pictures of anything from crafts to wedding planning to holidays and retreats.*

## Task for Today

If time and money wasn't an issue, where would you go?

If you like the idea of Pinterest, start exploring your next journey.

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 26, we are going to be talking about style.

# 30 Days to Kick-start Your Life After 50

## Day 26: Style

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 25, we talked about travel. Today we are talking about style.

A quick Google search will show fashion and style are subjects that appear to be top of the list when looking for over-fifty topics to discover.

Instagrammers and blogging influencers can lead you to believe that it's all about style, i.e. what women should wear after 50, what they should do with their make-up after 50, and how they should wear their hair after 50. The focus is surface-level rather than celebrating women for their remarkable qualities. There is a sense of categorising older women.

In a recent podcast, I heard that fashion is not for beyond forty - eek!

What do fashion and style mean to you? Ponder this question for a few minutes.

Whatever your answer on fashion and style, feeling confident with who you are and comfortable in your skin can significantly affect how you approach your reinvention.

For some, nice clothes, shoes, make-up and accessories can give a finishing touch and make you feel uplifted. But, conversely, you might be just as comfortable with no make-up, wearing loungewear and slippers, and you feel on top of the world.

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Your style is unique to you. So you don't need to be categorised.

Fashion and style can go back to body shape, which can then link into self-esteem, depending on how happy you are with your body. I'm of a time in the 'Swinging Sixties' where people like Twiggy (an iconic UK model) and Mary Quant (designer) were both representatives of 60's fashion and style, albeit their shape was something that many of us never identified with anyway.

## Do You Feel Invisible?

'Who represents us' is a common grievance amongst older women, which, to be fair, appears to be being slowly addressed by some of the big companies.

I'm always puzzled that women over 50 are not fiercely marketed to and can be forgotten. Yet, they are often the ones with the most disposable income. If you read recent age demographics, you will find that women over 50 can have more spending power.

## What Is Your Style?

You may be a follower or a leader of fashion. You may have created your wardrobe style and dress to impress yourself.

Your clothing can be an extension of your personality - Whether it's hair, make-up, shoes or the way you wear jewellery. Your clothing can reflect your uniqueness.

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Recently I had a mini-makeup lesson that I shared on YouTube. In that lesson, I learnt all kinds of tips and tricks, things that would have been useful to know in the past. Having updated how I do my make-up; as a result, I can say my new look gives me the confidence to contribute to my reinvention. I would not have even considered the benefits of knowing how to apply make-up correctly in the past.

## What Does Your Wardrobe Look Like?

A while ago, I spoke with an image consultant who offered to sort out my wardrobe and help me understand what I could be wearing, using or throwing away. But, interestingly, I've already cancelled one appointment and haven't yet made the next. I wonder why.

I have a selection of clothes that no longer fit and have been there for a long time. I have clothes that I have no intention of wearing, which I find a bit uninspiring. If I'm honest, I feel a little ashamed of my wardrobe. I wonder if it's because I don't feel I'm fashionable enough in the eyes of the fashion industry, or perhaps that the image consultant might judge me based on my age. It could even be both.

I live in a small village in France, which doesn't have the same fashion kudos as the streets of New York, so my clothing requirements don't need to be catwalk standard!

Ultimately, dressing for success means being true to yourself and creating your wardrobe. One that fits your lifestyle and how you want to feel. Other people's ideas do not drive it.

# 30 Days to Kick-start Your Life After 50

As we all know, you can put on one outfit and feel a million dollars. But, on the other hand, you can put on something different and feel deflated. Clothing can change how you feel. How would you like to feel when you try an item from your wardrobe?

Onto today's task:

## Task for Today

### Mini Review

Hold each piece of clothing that you own and see how you feel. Then, rate the article of clothing on a scale of 1-10, where a score of 1 means you hate it and have no intention of wearing it and 10 means it has the wow factor!

### Mini-Declutter

Based on your scores, decide which items you want to keep, throw, or give to charity and what new things you would like to bring in.

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 27, we are going to be talking about the world of tech.

# 30 Days to Kick-start Your Life After 50

## Day 27: World of Tech

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 26, we talked about style. Today we are talking about the world of technology.

You can gain a lot from the 'world of technology' whether using it for work or in a more leisurely way. Today is all about the benefits and why you should embrace technology and not race away from it.

The media can often make technology seem out of reach for people over a certain age. However, the answer is not to surround yourself with people who can do technology tasks for you. Instead, learning how to use the wonderful tech world is an advantage if you want to gain the most from it.

## Age is Irrelevant

My journey with a computer started in the nineties. After that, I gradually taught myself to master as much as I needed to connect with the outside world. I never want to be left out!

I was 59 when I decided I must have a website, and at 60, I designed my own. Yes, it took time and patience, which I don't have much, but I persevered. As I'm not an academic, I didn't ask too many questions about how this and that functioned, I don't believe you should put too much logic into technology. Like so many amazing machines, it's best to enjoy the benefits rather than work out how it works.

# 30 Days to Kick-start Your Life After 50

## Be Like My Mother

We gifted my Mother her first desktop computer at 70, and she has learnt how to use it. Now, at 91, she even has her first iPad. So if we can do it, you can too.

You may need to change your mindset around technology. Instead of viewing it as a hurdle to jump over, you can choose to jump into learning technology feet first. You will find that you can do so much more when you do. You can connect, explore the world, and develop and enjoy new communication skills, often without leaving the house.

Increasingly, technology can address loneliness, particularly when circumstances mean being away from family and friends. However, if you are isolated or feel your connections don't share the same interests as you, then the options to find hobbies, research and expand your knowledge by yourself are endless.

Take Facebook groups as an example. They can be communities that enable you to engage with people globally on any topic you can imagine. So sign in, sign up and connect.

Using technology, you can run business ventures, network, volunteer remotely, and have conversations with people worldwide. In addition, you can explore different cultures, learn languages and explore places online, all preparing you for the journey of a lifetime.

# 30 Days to Kick-start Your Life After 50

## Do You Like Challenges?

If the answer is yes, the relatively new and ever-changing world of technology will keep you occupied. In addition, you may find a new project that brings you joy and money if that's your goal.

Undoubtedly some of this could be challenging, but Google is your friend. And if it takes time, that's okay. If you are a visual person, then Pinterest, Instagram and Youtube give step-by-step instructions for anything and everything you'd like to pursue. Classes online, both free or paid, is an investment in you.

If your reinvention includes a business venture, you may need a website and newsletters, and that's the tip of the iceberg. However, even if you don't intend to be doing everything yourself, I would strongly recommend starting to understand how things work if you want to feel in control.

Gadgets and robots will undoubtedly play a more significant role in the future, enabling us all to be proactive in our homes, so we need to be ready for it.

# 30 Days to Kick-start Your Life After 50

## Task for Today

### 1. Choose one area of technology to focus on:

- For example, social media, learning about blogging and doing an online class.

### 2. Write down one action step you could take to improve your relationship with technology

- Example: Open a Facebook account, research 2-3 blogs around your area of interest, explore online classes, and choose one to join.

### 3. Talk to a tech-savvy person:

- Who do you know over fifty that is tech-savvy and inspiring? Strike up a conversation with them about how they got started, how they feel about it, and learn from them.

If you feel you've done well without technology so far, that's fine.

However, whether we like it or not, technology is part of day-to-day life. So, perhaps it's time to update your thoughts around it. What would you include if you had to write a list of what you might be missing out on?

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 28, we are going to be talking about self-care.

# 30 Days to Kick-start Your Life After 50

## Day 28: Self-Care

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 27, we talked about world of tech. Today we are talking about self-care.

## Self-Care Isn't Selfish

Let me start by saying that Self-Care is a vast topic. Then, I will share some simple ideas to make it more of a priority in your life.

Doing what you need to do to feel good might be a concept that doesn't come very naturally to you. 'Self this' and 'self that' can have the ring of selfishness attached. Generally, being selfish is not considered desirable, yet if you don't look after yourself, how can you look after everyone else?

It might be that you need to permit yourself to receive pleasure. If that's the case, then if you need it, I am permitting you today to take some time out for you. Learn or revisit what gives you pleasure, and permit yourself to have it.

Like most things in life, it's all about choice. You can 'choose' to focus on activities that you feel happy doing as part of your self-care practice.

Self-care is about making space for yourself, giving you time to nourish yourself and prioritise your own needs before helping others.

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Self-care can also include self-acceptance. Do you feel accepted for who you are, what you do and the decisions you make? If you answered, yes, then that's great.

If you answered, no, what needs to happen for you to start learning to accept yourself? It could be time to examine, evaluate, eliminate and embrace a new you that comes first.

There are many aspects to self-care. However, I like to think of self-care in the following four areas:

1. **Physical** (healthy and regular eating, exercise, rest and relaxation, sleep)
2. **Mental** (unplugging from technology, doing something non-work related, learning something new, setting boundaries, problem-solving)
3. **Emotional** (relationships, friendships, community, talking through problems, forgiveness)
4. **Spiritual** (connecting with nature, meditation, quiet time, mindfulness)

I could write a book on each of these areas in turn. For now, though, I'd like you to consider what level of self-care you have in each of the areas I've shared. Then choose one key area to improve.

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How much time do you spend looking after your car? Does it get A regular service and clean with a shiny finish? How about cleaning the house, everything placed in the correct order, dusting. Do you give yourself the same care and attention?

Self-Care can mean many things, as you've seen from above. But, essentially, it means time for you to do what you want, whatever that might mean.

Simple self-care strategies that you can easily add into your daily routine could be:

1. Reading a book
2. Taking a walk
3. Meditating
4. Writing
5. Starting a special project
6. Going to a spa
7. Having a massage.

***"People look for retreats for themselves, in the country, by the coast, or in the hills . . . There is nowhere that a person can find a more peaceful and trouble-free retreat than in his mind. So constantly give yourself this retreat, and renew yourself."*** - Marcus Aurelius.

While this topic might seem short and sweet, it's easier to read than to put it into practice. Decide today that you matter.

# 30 Days to Kick-start Your Life After 50

## Task for Today

Instead of focusing on others, spend one day focusing on yourself and what you need. You can start this process by completing this [self-care quiz](#) to help you identify critical areas to improve your self-care.

Once you've completed this exercise, hit 'reply' and tell me what comes up for you. Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 29, we are going to be talking about creating a plan.

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It's time to change that negative mindset that tells you it's not worth the effort. Ditch the excuses. You don't need to cover up. Instead of thinking 'beautiful bodies', think 'healthy' ones. Feeling a little achy from a workout is one hundred times better than living with aches with pains.

— Forward After Fifty (The Rising Reinventors) *by Rebecca Ronane*

# 30 Days to Kick-start Your Life After 50

## Day 29: Creating Your Reinvention Plan

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 28, we talked about self-care. Today we are talking about reinvention.

### Creating a Reinvention Plan

Before we start talking about creating a Reinvention Plan, let's start with a definition of the word reinvention - It is *"the action or process through which something is changed so much that it appears to be entirely new"*.

As women, we are constantly evolving. At this stage in life, you suddenly realise that you have all of these hidden talents and perhaps more time, so there are many new things to explore.

### Are You Ready to Create a Reinvention Plan?

You're not making excuses, are you? Excuses won't help you create results. Here are some common excuses I get from my clients;

1. I don't have time
2. I don't have money
3. I don't have the energy
4. I don't see a starting point
5. I'm scared.

If any of the excuses above ring true, let's put a plan into place.

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If you feel like something's still standing in your way, go back to Day 9 and complete the 'What's Stopping You?' exercise.' and then go back to Day 10, where I talk about clearing fear blocks. You need to get all of your blocks out of the way so that all you have to do is take action.

## It's Time to Plan

Having gone through the programme, I wonder what your Reinvention Plan will be like. Every client I work with has a plan unique to them.

In a moment, I will share some questions to help you define an outline plan that you can then build upon. Write it in a journal, on your computer, or even on a napkin. Remember to put deadline dates on each of your tasks. That way, you are more likely to achieve them.

Cast your mind back through what we have covered so far, and make a list of any avenues that you'd like to explore, for example:

1. Book a holiday
2. Develop my creative side
3. Create a self-discovery plan
4. Sign up for a volunteer programme.

Next, go through your list and pick out 1 to 3 key things you'd like to focus on over the next 6 months. Once you have prioritised your list, answer the following questions:

1. What do you need to do to make this happen?
2. Who could help you with this?

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3. What obstacles will get in the way?
4. How will you overcome these obstacles?
5. What would stop you from doing this?
6. Who can you be accountable to?
7. Based on all of the above, what commitment do you need to make to yourself to ensure this happens?
8. Who can hold you accountable?

If you want to make sure you get things done, share your commitment with a friend. Or, if necessary, hire a coach (I'm waving!) I'm here to help you. I have a perfect solution to share with you soon. Before that, though, it's time to:

## Commit to Action

1. When will you get this done?
2. What tools/resources do you need?

If this seems a bit overwhelming, then take a breath and reflect on what you love to do, create one action point around it and go and do that one thing. Then, stop putting off the fun!

Just remember there's no room for regret or sentences such as, *"I wish I'd done this or that"*.

## Dealing With Distractions

When you become distracted or start to wander off the path, look at what you are doing instead and ask yourself if it gives you the satisfaction you want to move forward.

# 30 Days to Kick-start Your Life After 50

## Setting Yourself Up for Success

A great way to set yourself up for success is to start your day with a plan of action.

I like to create a list where you start your 'task list' with your Most Important Tasks, otherwise known as MIT's. I do this by way of an enormous whiteboard where I write in bold what I want to do. Then I number each task according to priority.

What one to three things could you put on your MIT list that will get you started?

Review your day and notice a great sense of satisfaction, having crossed off your achievements in the evening!

## Celebrate With a Fabulous Reward

We do not celebrate ourselves enough! However, celebrating does not have to be just for the significant events in our lives. We can also celebrate the small wins.

How will you celebrate? A fabulous massage, a bottle of Champagne, a special day out, new clothes, an online course, or perhaps something more simplistic such as a walk-in nature, a luxurious bath or 10-minutes of decadent reading.

# 30 Days to Kick-start Your Life After 50

How much time will you allocate to make this happen? i.e. 1 hour, 30-minutes, 10-minutes. The timing does not matter. What matters is that you make sure you block this out as the non-negotiable time for you to celebrate.

## Task for Today

Complete your outline plan, and send it to me within 2-weeks of receiving this email so that I can celebrate with you.

Remember, if you reply to all thirty emails, you will be entered into a prize draw to win a 1:1 Reinvention Planning Session with me.

On day 30, we are going to be talking about enjoying the journey.

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There's that moment after spending time gaining your wisdom; you arrive at a point of putting it into some form. "Any day is a good day to start something you've been putting off".

— Forward After Fifty (The Rising Reinventors) by *Rebecca Ronane*

# 30 Days to Kick-start Your Life After 50

## Day 30: Enjoying the journey

Welcome to *30-Days to Kick-start Your Life After Fifty*.

On day 29, we talked about creating your Reinvention Plan. Today we are talking about enjoying the journey.

Now, sadly, we've come to the end of our time together. However, I do have something to share with you where we can continue to work together. But first, let's celebrate all that you've discovered over the past 30-days.

In 30-days, you've started to identify your superpowers, built confidence, learned what makes you tick, put fear behind you and yourself first.

It's the journey that matters, and with this in mind, you can never be disappointed in yourself. What seemed unwise decisions have taught you lessons that you can add to your toolbox. Recognise this, and anything seems possible. You can start to rid yourself of the limiting beliefs that waste valuable time and instead do what you deserve.

Continue to start new projects which might or might not work; it isn't the success that's important; it's the experience gained from the journey of each project. You don't want to be the person looking back and saying, 'I wish I'd done this or that'.

# 30 Days to Kick-start Your Life After 50

## Task for Today

If you've been following along with this programme, you will have been on a whirlwind of reinvention. Now it's time for some action. Here is a reminder of each topic. Just in case you decide to print out this workbook, I've shared the links to each exercise for reference.

- 1) Own your Superpowers - <https://bit.ly/superpowertask>
- 2) Positivity
- 3) Gratitude - <https://bit.ly/gratitudetask>
- 4) Anti-Ageing
- 5) Boundaries
- 6) Confidence
- 7) Start your Day Right
- 8) Reinvention
- 9) What's Stopping You?
- 10) Fear
- 11) Values - <https://bit.ly/valuestask>
- 12) Success - <https://bit.ly/successtask>
- 13) People-Pleasing
- 14) Wisdom
- 15) Connection
- 16) Judgement <https://bit.ly/gremlintask>
- 17) Guilt - <https://bit.ly/letgotask>
- 18) Money
- 19) Health
- 20) Exercise
- 21) Goals
- 22) Work/life balance
- 23) Productivity

# 30 Days to Kick-start Your Life After 50

- 24) Learning
- 25) Travel
- 26) Style
- 27) World of Tech
- 28) Creating a Plan
- 29) Self-Care <https://bit.ly/selfcaretask>
- 30) Enjoying the Journey

Phew! What a journey you've been on!

Go back through the list, choose three areas you'd like to work on, and revisit each of those days. Spend some time reflecting on the topic and create a mini-action plan, asking yourself the following questions:

1. Which areas do you believe you need to focus on?
2. What one thing do you need to work on to start your reinvention?
3. What support do you need to make this happen? Perhaps you need to learn something new or set up a dream support team.
4. Choose people you can reach out to and discuss ideas/challenges. Find an accountability partner or invest in some coaching as I did.
5. Once you have recognised the support you need, invest in it, whether 'invest' is time, money or energy. It will be worth it!
6. Get feisty, channel your inner warrior. She needs nurturing. You CAN do this!
7. Rather than going all out on the action, take one step at a time. That way, you won't feel pressurised or overwhelmed, and as a result, take no action at all.
8. Someone else has done it, so why not you?!