



THE 5 - DAY  
50 SOMETHING  
LIFESTYLE MAKEOVER

CHERYL A. GARRISON

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*About the Author and Founder of  
50Something Lifestyle*



Cheryl A. Garrison founded the 50Something Lifestyle as a labor of love for women over 50 who are dealing with life-altering transition. She has been where they are and feels passionate about helping women deal with the life changes that happen when women grow older.

She is a wife, mother of 3, grandmother, sister, aunt, cousin and friend. She prides herself in deliberately striving to be the best she can be in each of these roles. There was a time when like many of you, Cheryl took who she was and what she had accomplished for granted. Now, her goal is to be excellent and authentic in each role she has in life. The 5-Day Makeover is designed to help you do the same.

Professionally, Cheryl has been an entrepreneur for over 30 years and has an extensive background in business development and training. She currently owns a network marketing company in the health and wellness industry. She is an author, speaker, mentor/coach and overall Champion of women over 50 who want to Re-Ignite the Fire in their life.

# *Introduction*

The 5-Day 50Something Lifestyle Makeover is the beginning of a Lifestyle Plan that will help you determine what you want to accomplish as you move into your 50Something years. I wrote a blog about a year ago titled “Live Like Someone Left the Gate Open”. The blog featured a picture of a small dog bolting down the street as if he had just been set free after years of being fenced in behind a gate. In the blog I challenged my readers not to settle for being pinned in behind their life gate. I went on to say that if they want true freedom, they have to have the courage to create a life that sets them free from mediocrity.

I created the 5-Day 50Something Lifestyle Makeover to give women over 50 a starting point for creating an exceptional life. It’s not too late. You’re not too old. Yes, there is more to life than what you have been living and you deserve to live it!

Upon completion of the 5-Day exercises you should be able to see your life in a different light. The goal is for you to embark upon some immediate changes that will make getting out of bed each morning a delight. The “oh no, another day of this” nightmare is over.

The makeover includes one exercise a day for 5 days. You will be receiving your makeover exercise by email each morning. You should do the exercises in the order you receive them to get the most out of the makeover. Imagine 5 days from today having a different outlook on the direction your life will take moving forward.

The makeover is divided into 5 sections, one for each day as follows:

Day 1: Defining yourself. Who are you?

Day 2: Re-igniting your dreams and setting goals

Day 3: Implementing your plan

Day 4: Giving – the key to living an exceptional life

Day 5: Pampering yourself. We all need a Break

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Quote of the Day

*We don't get a chance to do that many things, and every one [thing you do] should be really excellent because this is your life.*

**Steve Jobs**

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**Author's Note:** I begin each day by reading scriptures and listening to music that helps me get spiritually prepared for the day. I am a proud Christian woman and refer to the Holy Bible as my source of spiritual strength. Thus, I have included a meditative scripture for each of the 5 days. If you have another faith, replace the daily meditation with practices from your faith.

# Day One

## Defining Yourself

### Daily Meditation:

*Lord, you establish peace for us;  
all that we have accomplished you have done for us.*  
Isaiah 26:12

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#### Quote of the Day

*Life isn't about finding yourself. Life is about creating yourself.*

George Bernard Shaw

#### Health Tip of the Day

*Walk for 20 minutes either on a treadmill or around your community. Walking raises your oxygen levels by 15% which is good for your heart!*

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Who are you? When that question was posed to me, I did what nearly 99% of people do. I answered with something like this: “I am a mother, a wife, a grandmother, a sister, an aunt, a niece, a friend, and so on...Blah, blah, blah...”

What’s the problem? I answered the question! It’s all truth! I may have left out a couple things like being a musician at my church and doing some volunteer work here and there, but that was how I defined myself and thought that was pretty okay.

It wasn’t until I found myself at 50Something, depressed and questioning my life that I began to ponder who I was and what I had accomplished in



I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

I am \_\_\_\_\_.

Use an additional sheet of paper if you need more space.

### **How are you doing as a...**

On a separate sheet of paper or notebook, define how you have been functioning in each of the roles you listed in the “I Am” section. Are you achieving? Do you need help? Be honest and thorough in this section:

**Example:** One of the roles I listed to identify myself was Church Musician. Here’s what I wrote as to how I was doing.

*I have been a church musician for more than 52 years (since I started playing piano at church at age 8). I pretty much operate on rote. I drive to church or rehearsal, I sit at the piano, I play and then on my way home I don’t even really recall any emotion attached to what I just did. It’s like when I’m driving somewhere and then all of a sudden I look up and I’m there. It’s a little frightening that I’ve driven through miles of freeway, heavy traffic, stop lights, etc., and I don’t recall the drive at all. Well that’s how I feel about my role as a musician. I have lost the passion. I don’t practice as I should and I’m sure the choir members often wonder why I am still showing up.*

Be honest about your performance, feelings and emotions related to the roles you have listed.

### **How can I be better at...**

Once you complete the above exercise, define how you could improve in each of the roles if given a second chance.

**Example:** Here’s what I wrote in reference to being a church musician:

*I will take the time to meditate on why I started playing at the church in the first place and why I continue to play. I know I need to take myself back to the time where I looked forward to learning new songs, where I loved the music and where I practiced hard to be better. I will practice more and re-ignite the passion for my music. I will bring back the joy. I have been using the fact that I am older and I've been doing it for so long as an excuse to stop being passionate. No more.*

After completing this exercise, you should now should have a clearer view of who you are and have identified some areas of improvement.



# Day Two

## Re-igniting Your Dreams

### **Daily Meditation:**

*Looking at them, Jesus said, "With people it is impossible, but not with God; for all things are possible with God."*

*Mark 10:27*

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### **Quote of the Day**

*Don't dream your life. Live Your Dreams.*

### **Health Tip of the Day**

*If you don't supplement already, start taking vitamins to support your nutritional health. WebMD recommends you take Vitamin D and B12 daily.*

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Congratulations on completing Day 1. If you completed all of the Day 1 exercises, you have spent a considerable amount of time making an authentic and accurate assessment of who you are. The purpose of the Day 2 exercises is to guide you in determining who you want to be based on your dreams and aspirations for yourself.

I am not certain when I stopped dreaming. But somewhere in my journey to 50 something I literally lost my passion for living. No more dreams. No caring about my future. Basically no interest in a future. After my I Am assessment, I realized there was so much more for me to do in my 50s and beyond.

Why do we stop dreaming? Why did I stop dreaming? The top two reasons for why we stop dreaming are comfort and fear. The comfortable person has lost her passion for living – her fire is out! The “been there, done that” attitude sets in, but for many women over 50 it is just easier to let it be rather than ask the question, What If?

*“What would happen if I started that new business or went back to school?”*

The fearful person is what we call frozen - stuck in a safety box. As long as she doesn't make a move, she doesn't have to fear stepping out. Failure or success, make it frightening to take that leap.

When we keep our dreams dormant we don't have to do anything. Essentially, we don't have to live. We can exist one day at a time waiting for tomorrow when we might get the courage or energy to actually live out our dreams.

The Day 2 Exercises will guide you through the process of writing down your dreams for your life in the areas identified in the Day 1: I Am exercise.

### *Day 2 Exercise - What if I...*

Complete the following worksheet as thoroughly as you can.

I. If you could do anything, money and time aside, what would it be?

II. Create the Dream Planning information for each of the following areas:

#### **Career:**

Are you retired? \_\_\_\_\_ If No, what type of work do you do?

\_\_\_\_\_ Are you satisfied in your current career?

\_\_\_\_\_ What would you do to improve your current situation?

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#### **Business:**

Do you currently own a business? \_\_\_\_\_ If Yes, how long have you been in business? \_\_\_\_\_

What is your annual income from your business? \_\_\_\_\_ Are you meeting your goals? \_\_\_\_\_ If not, what are you doing to improve your bottom line \_\_\_\_\_

If you don't own a business, are you interested in owning a business? \_\_\_\_ If Yes, what type of business? \_\_\_\_\_ If No, why not?

What do you believe is holding you back from having the freedom you get from owning your own business?

**Family:**

Are you married? \_\_\_\_ How long? \_\_\_\_\_

What activities would you like to include as part of your time with your spouse?

How often do you entertain? \_\_\_\_\_ Would you like to entertain more \_\_\_\_\_

If you have family nearby, how often do you get together with family \_\_\_\_\_

Do you have children? \_\_\_\_ How many? \_\_\_\_ Do any of your children live with you? \_\_\_\_ If Yes, how many? \_\_\_\_\_

How would you describe your family life?

**Hobby/Leisure:**

What do you like to do to have fun?

What do you do to relax?

How would you improve on this aspect of your life?

**Volunteer Work:**

Do you currently volunteer in your community? \_\_\_\_ What do you do?

\_\_\_\_\_

Describe your general feelings about volunteering.

\_\_\_\_\_  
\_\_\_\_\_

**Travel:**

Where do you dream of going if you could travel anywhere in the world?

\_\_\_\_\_  
\_\_\_\_\_

Where do you travel now?

\_\_\_\_\_  
\_\_\_\_\_

How often do you travel? \_\_\_\_\_ How often would you like to travel? \_\_\_\_\_

How would you like to travel? (bus, plane, cruise ship)

\_\_\_\_\_

**Education:**

What is the highest level of education you have completed?

\_\_\_\_\_

Does your level of education equip you for performing your desired career?

\_\_\_\_\_

Would you like to go back to school? \_\_\_\_ If Yes what would you study

\_\_\_\_\_

Describe your general feelings about your education

\_\_\_\_\_  
\_\_\_\_\_

**Finance:**

Describe the state of your finances

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Health and Wellness:**

How do you characterize your health? (excellent, good, fair, poor)\_\_\_\_\_

How do you intend to stay healthy?\_\_\_\_\_

Describe your feelings about your health.

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**III. Priorities and Goals:**

In this section, you are going to prioritize what you would like to accomplish in each of the categories that apply to your life. Below is an example of someone’s priorities within the category of Career. Notice the Actions to Take column is left blank. This will be completed in the next exercise.

**Category: Career**

Priorities:	I want to achieve...	By Date:	Cost	Actions to take
#1 Technology - Excel	Re-train myself on Excel to be able to create spreadsheets for my new position	1/30/16	\$99 for an online Excel course	
#2 Employment	Apply for a promotion at my current job	2/28/16	\$0	
#3 Wardrobe	Update my wardrobe with more modern clothing suitable for an executive	2/28/16	\$1000	

Now prioritize the various priorities starting with Career (if this is not category that you wish to address, use the form to complete the priorities for a new business, family, volunteering, etc. Remember, leave the Actions to Take column blank.

**Category: Career**

<b>Priorities:</b>	<b>I want to achieve...</b>	<b>By Date:</b>	<b>Cost</b>	<b>Actions to take</b>
#1 -				
#2				
#3				
#4				
#5				

Complete a form for each category. Print the blank form below and complete it manually.

**Category:** \_\_\_\_\_

<b>Priorities:</b>	<b>I want to achieve...</b>	<b>By Date:</b>	<b>Cost</b>	<b>Actions to take</b>
#1 -				
#2				
#3				
#4				
#5				

# Day Three

## Implementing Your Plan

### *Daily Meditation:*

*For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.  
Jeremiah 29:11*

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#### Quote of the Day

*Our goals can only be reached through a vehicle of a plan, in which we must fervently believe and upon which we must vigorously act. There is no other route to success.*

Pablo Picasso

#### Health Tip of the Day

*Add fiber to your diet by eating fiber rich foods like pears, apples and beans!*

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With your priorities for the various categories in our life established, it is time to identify the actions or activities that you will set in motion to achieve your dreams and goals. Your Lifestyle Plan is incomplete without doing this exercise.

For each of the areas of possibilities or roles you identified, write down a minimum of three specific actions or activities you are doing to achieve your dreams. Ask yourself, ‘what specific steps can I take today to change my life in these different areas? Be specific and detailed.



See the example below of a section of the completed form for the category Career:

Priorities:	I want to achieve...	By Date:	Cost	Actions to take
#1 Technology - Excel	Re-train myself on Excel to be able to create spreadsheets for my new position	1/30/16	\$99 for an online Excel course	-Clear my schedule to accommodate an online class. -Sign up for the class online. -Complete the class as directed.
#2 Employment	Apply for a promotion at my current job	2/28/16	\$0	-update my resume to include the new skill -Submit my resume to HR -Begin preparing myself to interview.
#3 Wardrobe	Update my wardrobe with more modern clothing suitable for an executive	2/28/16	\$1000	-Look through fashion magazines to pull together a new look. -Clear my calendar to include shopping days. -Go shopping.

These completed forms represent your new Lifestyle Plan. This is why it is important to include as many details as possible. You will be revising this plan regularly so be sure to put them in a notebook or journal for easy reference.

# Day Four

## Giving

### **Daily Meditation:**

*Love your neighbor as yourself. There is no commandment greater than these.*

*Mark 12:31*

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#### Quote of the Day

*Let us not be satisfied with just giving money. Money is not enough, money can be got, but they need your hearts to love them. So, spread your love everywhere you go.*

Mother Teresa

#### Health Tip of the Day

*Keep your mind mentally active. Join a book club, play chess, or try a new sport to keep your mind active.*

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Creating a lifestyle of excellence would have very little meaning if you are not doing something that helps others.

Today's exercise is about giving back. Complete at least 5 ways that you are going to start giving back to your community or stretch yourself in what you are currently giving (this can include your church, civic groups you are involved in, schools in your community, etc.).

Here are a few suggestions:

**Corporation for National & Community Service – Senior Corps** - <http://www.nationalservice.gov/programs/senior-corps>

**Lighthouse Blind Services** - <http://lighthouse-sf.org/donate/volunteer/>

**Salvation Army Volunteer** - <http://www.salvationarmyusa.org/usn/volunteer>

**American Red Cross** - <http://www.redcross.org/support/volunteer/opportunities#step1>

These are just a few. Go online and find a way for you to give back to your community.

I will \_\_\_\_\_

I will \_\_\_\_\_

I will \_\_\_\_\_

I will \_\_\_\_\_

I will \_\_\_\_\_

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Quote of the Day

*“We make a living by what we get. We make a life by what we give.”*

*Sir. Winston S. Churchill*

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# Day Five

## *Pampering Yourself - Take a Break*

### ***Daily Meditation:***

*In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.*

*Psalm 4:8*

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#### Quote of the Day

*Do something nice for YOU, because YOU deserve it!*

#### Health Tip of the Day

*Truly pamper yourself.*

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You deserve a break and should take one on a regular basis. On Day 5 your exercise is to treat yourself to something that focuses on you. This is not a day for work or networking. Day 5 belongs to you. You should put a pamper day in your schedule at least once a month. This day is for spiritual, physical and mental renewal.

Below is a list of 12 ways to pamper yourself today:

1. Arrange a spa day with two of your closest friends.
2. Treat yourself to “high tea” at one of the local resorts.
3. Curl up on the sofa with a good book (preferably fiction)
4. Take a long walk in a local park
5. Go to a nail salon for a manicure and pedicure.
6. Get a massage.
7. Take yourself to the movies to see a romantic comedy.
8. Have lunch with your best friend at a place neither one of you have been.

9. Go to the hair salon and get a new hairstyle.
10. Go golfing.
11. Play tennis.
12. Take an aerobics or yoga class at your local gym.

## *Congratulations*

*You have completed your 5-Day  
Makeover!*

*If there are some things you would like to  
explore in your 50Somethings, let's chat. It's  
Free!*

*<https://calendly.com/50somethinglifestyle/30min>*

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