

The background of the entire page is a repeating geometric pattern. It consists of teal-colored lines forming a series of interlocking diamonds or squares. The pattern is set against a light grey background. The pattern is visible in horizontal bands at the top and bottom of the page, and also in the central area where the text is placed.

From the 50Something Lifestyle Series

10 Lifestyle Re-Invention Tips

By Cheryl Garrison © 2017

To my 50Something sisters,

I am so excited to share these 10 tips on re-invention with you. The purpose of these tips is to help you find your way to a re-invented life. My name is Cheryl Garrison, founder and CEO of 50Something Lifestyle. My life passion and purpose is to help women over 50 re-invent themselves professionally, personally and spiritually. I am a speaker, coach, author and entrepreneur and am committed to helping as many women as I can create the life of their dreams after 50.



Many women over 50 have shared their stories with me and there is one consistent theme. They all feel as if they are what I call “stuck in cement” and unable to move forward.

For many of them, they thought that life after 50 would be easier, simpler and more fulfilling. What they are finding is that they are struggling with issues such as identity (who am I now that my children are all grown up?), career (why do I feel so insignificant on a job I have had for 20 or 30 years?), personal growth (where has my confidence gone? I was never afraid of life, why am I afraid now?), spiritual walk (God, do you hear me?) ...

I compiled these tips to start you thinking about what you want your life to look like now that you are over 50. It doesn't have to be as described above. You have it within you to change your life and be as dynamic, energetic, healthy, vibrant and sexy as you were 20 years ago. In fact, because you have lived 50something years, you are in a better position to make your life amazing.

My hope is that these tips will help you as you take on this journey called re-invention.

Enjoy!

Cheryl

1

Fall back in love with yourself

When was the last time you felt really, really good about YOU? If it's been a while, it is mostly because you have forgotten who you are and all the wonderful gifts you bring to this world. For some reason, after 50, we begin to feel as if we have accomplished little of what we set out to accomplish in our younger years. The book we were going to write, the business we were going to start, the career that we knew would be ours, the trips we were going to take, the lives we were going to affect...it goes on and on. What we fail to realize is the things we DID accomplish were amazing, life-changing for a lot of people and significant.

Now is the time to take an authentic inventory of what you have done up to this time in your life. Use the outline on the next page to make a list of your accomplishments to date. You will be amazed at the size and depth of the list. You must be honest with yourself and not be modest. Some of the tiniest things you have done (at least you may think they are tiny) are some of the most significant – so list them all. Think of all the aspects of your life: wife, daughter, sister, mother, aunt, cousin, friend, co-worker, worshiper...

Once you have your list, cherish what you are and then if it's important to you, list some of the things that you HAVE NOT done (but wanted to do). Then go do them.

Most importantly, look at that list and know that the person who accomplished the listed items is a dynamic, confident, amazing, terrific, fantastic, wonderful, off-the-charts woman and worthy of being loved – ESPECIALLY by YOU!!!!

Fall back in love with the woman you see every day in the mirror. She is worth loving.

2

Find the courage to change

Change is inevitable. As the songwriter Benard Ighner said “Everything Must Change. Nothing stays the same”. This is so true. As sure as you are alive, something is going to change. Sometimes on a daily, even hourly basis. The question is, “Are you ready to change? Are you ready to re-invent your life?”



what good
are wings
without the
courage to fly
Atticus

Change is scary. It takes us away from what is familiar, what is safe, what is comfortable. We find every excuse possible to keep from delving into the abyss of change.


“I don’t know anything about _____”

“I haven’t been in school for _____ years. Will I be able to pass the classes?”

“I don’t know anything about starting a business so I should just keep being a safe employee.”

Our excuses are limitless and we justify not changing based on our belief that it is easier to leave things as they are.

Additionally, when we are faced with change, we feel that when change comes we will lose a part of ourselves. Our identity is tied to what we do in terms of our career or personal situations. One analogy I use in my client training is asking the question “are you a noun or an adjective?” People who live their lives as a noun identify themselves by what they do (I’m a teacher, lawyer, doctor, accountant, etc.). They also identify themselves as wife, mother, sister, etc. Nouns! And they are afraid to change that identity because it is comfortable and they are safe in that identity. People who identify themselves as an adjective, are more open to change because the identity is consistent no matter what they do. If your adjective is passionate, caring, inventive, creative,



etc., it makes no difference what you do. You carry those adjectives (characteristics) with you no matter what you are striving to achieve. Think about it, if you are passionate about helping people learn and you are a teacher who wants to try something different, that passion can translate to a trainer, speaker, or coach. It's all about the adjective, not the noun.

So, the way to get over the fear of changing is to get in touch with the adjectives that describe you and bring them to your new venture. Step out in courage and change because your identity will remain intact. There's no fear of losing yourself. Find the courage within the "adjectives" of your identity.



Be specific about what you want

Hopefully based on yesterday's tip, you have reconciled your identity and are a little more open to change. The next step is to be clear on what it is you want out of life, starting NOW! I always encourage my clients to think BIG when it comes to deciding where they are going. You've lived 50something years, most of it playing it safe, not rocking the preverbal boat. It's halftime, it's time to go for it.

How do you get specific about what you want? It's called dreaming and then brainstorming. Here's the tip:

Select from any of the following categories that you want to experience change:

- Career
- Education
- Personal Growth
- Spiritual Growth
- Leisure/Travel
- Relationships

Now for each of these categories, start brainstorming on what you want. For example, for Personal Growth you might list:

- Run a marathon
- write a book
- Learn to cook gourmet
- Get a coach or mentor to help me create my goals

The list can be as long as you want. Do it for each category and **DO NOT LET TIME OR MONEY** dictate what you put on each list. We will handle that in another tip!!

Have fun!!



Be strong and demand change



You cannot just want to change, you have to be strong enough to demand it. The kicker is, only YOU can affect the change you want. You can read a thousand books on change, go through hundreds of conferences on change, work with a mentor, do all the above and change won't happen until you embrace change. You must want to change. You must affirm change. You must dispel the negative thoughts that come to you that tell you change is NOT possible. Your answer must be YES, I CAN change and I WILL. Dig deep within yourself and be strong enough to change. From today forward, you must be a change agent.

Embrace change. Be confident that you can change. BE STRONG!

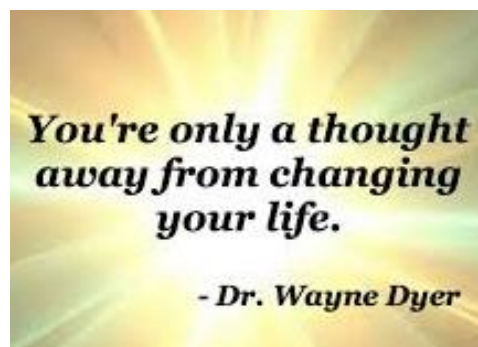
5


Write positive affirmations

Affirmations are positive statements that describe a desired situation or goal, and are often repeated until they get impressed in the subconscious. Your subconscious mind cannot distinguish fantasy from reality. If you think and repeat it enough times, your subconscious mind begins to believe it (real or not). That's where using positive affirmations come into your re-invention. If you want to start a business or change your career, just write a positive affirmation about it and repeat it day and night for 30 days and you will be amazed how things will start to move in the direction of change.

Write 5 affirmations today using the following tips:

1. Write them in the present tense. I am....
2. Use your own words. Write them in your speaking style otherwise they won't feel real and genuine.
3. Keep it short and sweet. Affirmations are easier to remember and you are more likely to use them if they are short. Just saying the affirmation, will not get you results.
4. Be literal. Make sure you desire what you are affirming.
5. Keep them positive. Rather than say I am debt-free (focusing on debt) say I am rich or I have money in abundance (focusing on abundance).
6. Make them believable. If it makes you feel uncomfortable saying it, you will not see results





Here are some examples of positive affirmations:

“I earn \$100,000 a year in my coaching and consulting business”

“I embrace change”

“I am the author of a successful book that helps people re-invent themselves”

(obviously these are some of my own affirmations)

Once you’ve written your affirmations, read them in the morning and before you go to bed for 30 days.



6

Do an inventory of your life experiences

In the first tip, you were asked to brainstorm and list all your accomplishments to date. This exercise is similar, however, for this exercise, write a list of the things you know how to do – the experiences you have. They can be work-related, related to hobbies that you enjoy, talents that you have and have used over the years. Think of this as things you can do.

Our experiences can sometimes be the catalyst for a change in our life as we get older. For example, if you have always loved to do crafts or write poetry, this could be the beginnings of a small business to earn extra money in your spare time or in retirement.

Be specific and use the outline on the next page. Write as many experiences as you can. We will review these later.

7

Make your vision, visual

The Law of Attraction is not a new concept, but it is real and it works. That which we see or visualize has a way of attracting that thing to us. One of the best ways to visualize your goals and dreams is using a vision board. A vision board is a pictorial depiction of the things you want to have happen in your life. It is usually created on a poster board and is a collage of pictures, words and statements that represent your desires. For example, if one of your goals for your re-invention is to travel to exotic places, you would find pictures of where you want to go and place them on your vision board.

If you wrote your 5-year vision statement, use the visuals that you outlined in that statement to create your vision board. Make it colorful, large enough so you can see it regularly, and relevant to what you want.

My vision board is on the wall in my bedroom. Every time I walk in the room, I see my dreams (which over the years many of them have come true). Believe me, it works because remember your subconscious mind cannot differentiate fantasy from reality. When you see the vision board on a regular basis, you attract what's on the board and before you know it, your vision becomes a reality.

To make your vision board, do this:

1. Start collecting images that show what you want to have happen in your life. Use magazines, images from the internet, brochures, etc.
2. Collect words or phrases that you want to include on your board.
3. Glue the images and words on a large piece of poster board.
4. Display the board where you can see it every day.

Have fun with this activity. It is going to make a significant difference in the completion of your goals.

8

Create your goals the SMART way

Creating goals is one of the most important steps in re-inventing yourself. Once you have a clear vision of what you want, the next step is to create goals to get you to that dream life. When creating goals, you must follow the SMART goal rule. SMART goals are:

Specific – They are written in clear, brief terms and state what it is you want to achieve. For example, if your goal is to earn \$100,000 a year, you must write the goal as such.


Measurable – Goals should be written in a way they can be measured when achieved. Writing goals such as “I want world peace” is too vague to measure. Make sure it’s measurable such as \$100,000. You will know by the end of the year if you achieved it.

Attainable – You should not write goals that have no way of being accomplished by YOU based on its measurability. If your goal is to earn a million dollars in a year and you currently are earning \$75000, it is not likely that you will earn a million dollars within that year.

Relevant – Make sure your goals are relevant to your overall vision for your life moving forward.

Timetable – This is a very important step in the goal setting process. A goal without a date of completion is nothing more than a wish. I will say that again, **A GOAL WITHOUT A DATE OF COMPLETION IS NOTHING MORE THAN A WISH!!** Set a completion date for each goal and then set one for each action step within a goal.





Now, write out your goals based on how SMART they are and be sure to give them that important completion date.

Since this is such an important step in re-invention, if you would like assistance in creating your goals, contact me at 50somethinglifestyle@gmail.com. I have several resources, including one-on-one mentoring, to assist in making your re-invention a reality.

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Identify action steps for each goal

Most of our goals require a set of action steps for them to be completed within the desired timeframe. For example, if your goal is to earn \$100,000 within a year, what are the steps needed for you to accomplish this. One might be to start a business. Your actionable steps would then be to identify what type of business you want to start and when. Let's say you want to start a coaching business. The next step would be to create a business plan for that business and give that a date. You would then need to determine the number of clients needed to earn \$100,000 and determine the rate to charge for each service.

For each of your goals, you would determine the steps to take to make it happen.

Again, since this is such an important step in re-invention, if you would like assistance in breaking out your action steps for each goal, contact me at 50somethinglifestyle@gmail.com. I have several resources, including one-on-one mentoring, to assist in making your re-invention a reality.


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Plan a girl's day or night out



When was the last time you hung out with your girls? For me, it's been a while and I know it's time for a girlfriend break. When life gets too busy or stressed, one of my favorite things to do is hang with my girls. We go to lunch or to a movie. Just plan an afternoon or evening of fun. I have three sisters and we plan a sister's retreat every couple years. This year, we are all meeting in North Carolina for a few days of fine dining, spa days, shopping and togetherness fun.

Hanging with the people you love and enjoy and putting all the work stuff on hold is the best therapy you can find. Plan your day or night now. Or plan a retreat. It's good for the soul.



I hope you have been inspired by these tips and will incorporate some of them in your everyday life. They were designed specifically for you, the 50Something woman.

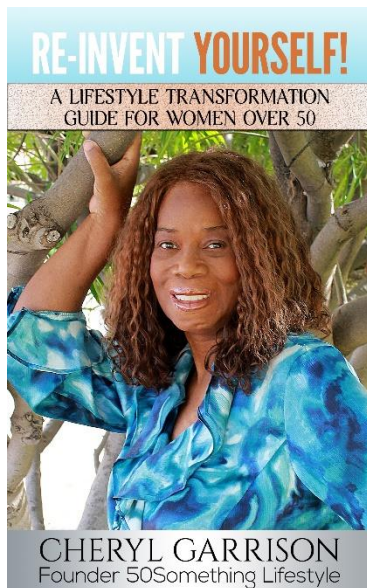
If you'd like to join in conversation with other 50Something women, feel free to join my Facebook page, 50Something Women's Network.

<https://www.facebook.com/groups/50something/>

SPECIAL OFFER: I am offering a complimentary 30-minute discovery call for you to discuss your goals for re-invention. These calls are designed to help you wade through the clutter in your head and get you on track to re-invention. Text me "I want my call" at 602-684-5366 or go to <http://meetme.so/CherylGarrison> to schedule your call.

Want More Help?

If you find that you are still having trouble re-inventing your life by finding your passion, you may want to read my book, *Re-Invent Yourself!*



Get your copy at:

<http://www.50somethinglifestyle.com/books>

To your Re-Invention!

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