

# Making the Most of Your 2<sup>nd</sup> Fifty Years: Power point slides explanation

Slide 2 – I find that individuals often have time creating new dreams or goals for themselves which involves being brutally honest with yourself and others who might be impacted by any new direction you take. Changing habits so that changes can happen more effectively require a resilient and effective mindset that is often shown in peak performers and regular people who regularly reach their goals in life.

Slide 3 – This is the outline of the program. I put a major emphasis on the first two bullets that create focus and strategies that encourage changes in behaviors and possibly lifestyle and situation.

Slide 4 – It is much more important to give serious thought to how one will lead their 2<sup>nd</sup> fifty years because of the significant increase in lifespan over previous generations.

Slide 5 – Dr. William Bridges has done powerful work in his book *Transitions* with helping individuals understand the difference between change and transition and that they need to deal with endings before charging into new beginnings...and that the middle period during transition, the neutral zone, can be very disconcerting.

Slide 6 – The importance of understanding habits cannot be understated when dealing with making the most of your 2<sup>nd</sup> fifty years. Most people will have to change habits that have been with them for decades in order to be successful in the second half of their life. I have probably recommended Stephen Covey's book *The 7 Habits of Highly Effective People* to more people I have coached than any other. His time management quadrant – his quadrant II model – is brilliant and an important read for anybody who struggles with managing their time effectively.

Slide 7 – Charles Duhigg's book *The Power of Habit* provides some very clear suggestions about how to understand and change habits when that kind of change is necessary.

Slide 8 – What are your career anchors – perceived areas of competence you would not give up? A planning guide exercise. Answering questions about your Career Anchors provides valuable insights into what kinds of activities you might find the most rewarding in your 2<sup>nd</sup> Fifty years.

Slide 9 – Motivation: the 3 unconscious energizers. A planning guide exercise. According to the work by the brilliant psychologist David McClelland, these three motives are with you from birth and are an important key to understanding what energizes you.

Slide 10 – 12 qualities of highly resilient people. A planning guide exercise. I believe that developing resiliency in one's 2<sup>nd</sup> fifty years is an important action to take in order to make the most of those years. The reason is very simple; in most cases as we age more negative things happen to us and those around us including deaths of those who are close to us. If we have developed a resilient personality we will often be more successful dealing with those major, personal situations. And resilient behavior can be developed after you understand what your resiliency tendencies, as identified by Dr. Al Siebert and his team.

Slide 11 – What do you really want to be doing? A planning guide exercise. Two very simple and yet powerful questions that complement the work that you will have done in the previous exercises.

Slide 12 – Creating flow: who were you when you were at your best? A planning guide exercise. This is one of the most important exercises in this program. If you take time to *really* go back and think about those times when you were at your best insights from those remembrances can provide valuable help regarding what you might want to focus on in your 2<sup>nd</sup> fifty years; particularly when combined with the insights from the career anchors and other planning guide exercises.

Slide 13 – Do you have a brain and body healthy lifestyle? A planning guide exercise. The key to success in this section of the program is to be brutally honest with yourself about your answers. The reason to be brutally honest is underscored by the research data that supports the need for anyone who is looking to make the most of their 2<sup>nd</sup> fifty years to stay connected to people, have

a healthy diet, do physical and mental exercises, lessen chronic stress and get enough sleep.

Slide 14 – Importance of social engagement. A planning guide exercise.

Answering the questions on this planning sheet will provide perspective on your level of social engagement and might alter your answer to the social engagement question on the previous planning exercise regarding your social connected rating.

Slides 15-23 - These slides provide the data regarding the importance of maintaining a brain and body healthy lifestyle. Those who retreat from the components of a brain and body healthy lifestyle are making a conscious decision to lessen the length of their 2<sup>nd</sup> fifty years.

Slide 24 – This slide is one of the most powerful statements I have come across regarding the importance of mental training in general and particularly for those focusing on making the most of their 2<sup>nd</sup> fifty years. I have used Garfield's work since the book came out in 1984 to help any individual understand the importance of having a mission/focus to their life which is supported by strong mental processes connected to how you visualize and implement your mission.

Slides 25 & 26 – These two slides are the outline for Dr. Garfield's peak performance training.

Slide 27 – The two studies on this slide have been replicated multiple times in a way that underscores the importance of having a sense of purpose/mission in one's life. The first half of this program provided you with a lot of data about your interests, when you feel most satisfied, what you like to do, how you are energized etc. All of this data now goes into the creation of your mission statement, to use Dr. Garfield's term.

Slide 28 – Creating your mission statement/energizing goal/sense of purpose declaration/passion statement/legacy commitment. A planning guide exercise.

As the slide states, in the first part of this exercise you are asked to gather all the personal information generated from the beginning exercises of this program and put it into the Self-Information Summary pages that are provided in the Planning Guide.

What follows the organizing of the information is the most important Planning Guide exercise in this program. A mission statement...energizing goal...sense of purpose...passion statement...legacy commitment; anything that you believe summarizes what you strongly hope to do in your 2<sup>nd</sup> fifty years, is an organizing principle that provides focus and energy to your actions. As a personal example, the mission statement I created as a requirement for my graduation with my Masters in Counseling in 1977, helped me to decide to leave three excellent jobs in successful consulting firms because I was not living the mission I had created – *to help as many individuals as possible lead lives with which they are satisfied*. I was managing consultants and not having the chance to have that kind of personal contact which helps individuals identify and reach their goals; which forty plus years later is the focus of this program.

Your statement should be written from a place of conviction about what is most important for you to focus on as you move forward in your 2<sup>nd</sup> fifty years. I have expanded the wording of the options for what you might call this from simply mission statement, to which some people cannot relate, to words that speak to the purpose in your life, something you are passionate about accomplishing, actions that would really energize you in a positive way, actions that you might want to be part of your life legacy; something people remember you for.

It is only a draft at this point and is something you can come back to regularly, or when you want to create a second or third statement depending on how wide-ranging your ideas and energy take you.

Slide 29 – One of the biggest issues with any career related program is to do whatever possible to ensure that the positive energy that might be created in the

program itself is followed with actions that build off of that learning and energy. I have used this exercise both in workshops I have led and in materials like this power point deck and planning guide. I encourage you to write a letter to yourself regarding actions you are going to take as the slide suggests and then have somebody mail it to you a month or two after you make the commitment. Receiving that letter from yourself is strong proof regarding whether you did what you said you would do.

Slide 30 – The Planning Guide has a slightly longer version of the key resources I have used in the creation of this program. The most important resource is the text – *The Brain Training Revolution: A Proven Workout for Healthy Brain Aging*. Dr. Paul Bendheim provides hundreds of ideas and research studies relevant to the topic of making the most of your 2<sup>nd</sup> fifty years while focusing on the health of your brain and body. I have never met Dr. Bendheim and receive nothing from him for promoting his book.