

ROCKING LIFE WHERE YOU'RE AT



It doesn't matter if you are 30 or 50 or 70- you need to own where you are at in life. If you don't, life will just pass you by. If you are reading my stuff, then I know you do not want that. 50 is amazing! Mid-life is the start of YOUR life. It is all about you, finally! You get to embrace life, live it to the fullest, and enjoy every step of this journey. How can you do that? Well, let me tell you. You do it by investing in yourself. We spend so much time on all the things around us that we neglect ourselves. Hey, you. Yeah, you. Knock it off! Show yourself some love. I want to give you three ways you can invest in yourself. Because if you don't, who will? No one, that's who.

LEARN

Maybe, it is because I am in the early stage of midlife (yes, 51 is early) but my favorite one is LEARNING. I am reading in my free time. I am listening to podcasts and books on my travels. Yep, that includes my short travels to and from work, the sauna, or friends' houses. Well, anytime I am in the car alone really. I will do it when I am cleaning too. I mean this is the epitome of two birds one stone, is it not? I attend conferences and webinars and participate in challenges. I like to do things that enrich my life. I feel like, at this stage in my life, I have the time and energy to do it. My brain is just a sponge for learning. I need to keep my brain active now and keep it young so I can remember things longer.

ME TIME

I keep adding more and more of this to my life! I started small and just kept adding more of it in there. How did I start? Well, I started with scheduling it in. Weird, I know. But at least this way I knew I would do it. It helped to find a friend to do those with me too. As the kids became older, I found I had more time for myself. Once they left the nest, I even had more time. As my responsibilities lessened, I found even more time. Relaxing in a warm sauna is something I do for myself. Diving into a great book or good movie on a cold winter night... yep, that is for me too. Sitting in the hammock in the sun on a warm spring day listening to the birds and animals in the woods... also just for me! Having lunch with a good friend is a great me time activity. Not all me time has to be alone. It's just a matter of finding something you enjoy and treating yourself.

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DO WHAT YOU LOVE

This is my favorite one of the three! I finally can! I've built my life to be able to do what I love. Rocking this mid-life stage is crazy fun. I know I work a lot. It's because I choose to. I'm crazy blessed to love what I do. Now that doesn't mean that all my days are rainbows and sunshine. Trust me, I have days where I question why I am still doing all this. But I always remember my why! I am at that point where I can take off and do the things I want also. I love taking off on a sunny day to go hiking. I enjoy going for bike rides with my nephews. In fact, on the first nice 65-degree day of this year, we went for a walk and I loved it. Fresh air, sunshine, warmth, and people I love. Anything with my grandson is what I love to do. I will say that the things I love to do have changed over the years. That comes with growth and wisdom. Maybe with age too... I find much more joy in simple things. I also find more joy when spent with the people I care about. I still want to travel to places I've never been before. It just isn't as big of a priority as I once thought it was. Now it's more important to spend time with loved ones no matter where we are. I can't believe it took me 50 years to figure out that my favorite things I love to do are the things with the people I love. Making memories... big or small. I wouldn't trade anything right now. I am living my life and doing what I love.

On the next page, you will find a worksheet to help you invest in yourself! I want you to be able to rock where you are at in life. Every stage will look different. You can pull it out in 5 years and see what has changed or what you have done. What I do in my 50's, I would never have been able to do in my 20's or 30's. And that is the point of the exercise. Find activities in each area to invest in you where you are at right now. I'll give you some ideas to help kick start your creative brainstorming.

There are no right or wrong answers. It just needs to be something you want. I know sometimes it can be scary to do new things. My suggestion would be to lean into it and or find someone to do it with you. I'd love to hear how this helps you. Shoot me a DM or email.

Keep living your best life!

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ME TIME

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