

Your Aging And Retirement Won't Be Like You Imagine

7 Cutting Edge Techniques To Cope With The Changing Environment

The Financial Crisis, Kids Living At Home and Working 20 Years Longer Than You Had Planned

Whether You're 50, 60, or 70



After 50 It's Up to Us

Developing the Skills and Agility We'll Need

By George H. Schofield, PhD

GeorgeSchofield.com

The Game Changing Book for Creating The Life You Want After 50

"The genius of life involves learning how to deal with interruptions to our expectations, our dreams, and our plans. For everyone searching for tools to deal with life after 50, this book should prove enlightening, inspiring, and helpful."

—Richard Nelson Bolles, author, *What Color Is Your Parachute?*

"This very thoughtful, engaging book will help you take stock of your life and develop the skills you'll need to achieve the life you want after fifty. It's full of wisdom and practical suggestions for a new generation seeking a better way to grow older."

—William Sadler, author, *The Third Age: Six Principles for Growth and Renewal After Forty*

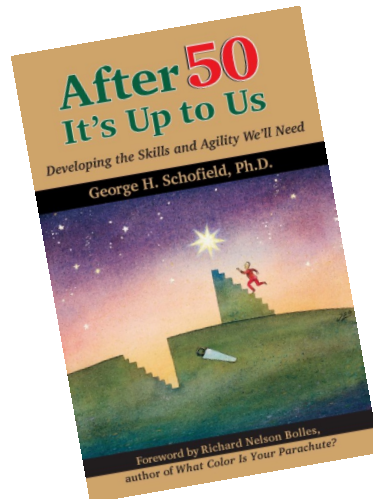


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With The Changing Environment:

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“The last half-century has seen unprecedented change—television, satellites, nuclear power, jet travel, fax machines, portable phones—all contributing to [an even faster] pace of change.

Yet this acceleration is not just a twentieth century phenomenon.

The faster change comes, the harder it is to predict the future.”

—Peter Russell, Futurist

You Thought You Had It All...

- ✓ Money..
- ✓ Retirement...
- ✓ Aging Gracefully...
- ✓ Travel...
- ✓ Fun...
- ✓ The Life of Your Dreams...



But then you realized that you might have to work for 20 more years...and that's only one of the challenges of life after 50 that you could face.

As you keep reading, you'll learn about these challenges: how be prepared *for* them and how to be flexible *with* them, so you can create the life you want.

In this report, you'll learn seven revolutionary techniques for creating your best possible future. You can be as healthy as you can be, enjoy great relationships, love where and how you live, and have enough money for the rest of your life.

- Every 7 seconds an American turns 50...more than 12,500 people daily.
- 80% of these people expect to work in some fashion, far beyond retirement.

(Sources: University of Nevada, AARP)

If you're in your 50s, you may easily live for another 40 or 50 years.

What do you want the rest of your life to be like? How will you pay for it?

If you're in your 50s, 60, or 70s, at least one of the following situations may happen to you (whether you expect it or it comes out of nowhere):

- running out of money
- retiring (or not)
- changing jobs or finding new employment
- changes in physical or mental health and capability
- taking care of elderly parents
- living with adult children
- marriage / partnership / divorce
- a spouse or partner dying
- hopes, dreams, and interests changing, being replaced, or disappearing
- having a different experience of your own existence (who you are, what you are able to do, what gives you satisfaction and meaning)

Changes Are Happening Fast

Many people (and often the media) create fear around the changes that happen in life after age 50. Many advertisers capitalize on anxiety and tantalize us with aging-related problems we may or may not have...to lure us into believing that they have a “solution” we need to buy right now.



You can believe the hype, suffer, and struggle against these real and artificial problems.

Or, you can learn new mindsets and approaches, ways you can live your best possible life, even when unexpected circumstances force you to make minor and major life changes.

Working Harder. Won't Be Enough. We Need To Work Smarter.

Most of us have been raised with a certain belief: work hard and you will succeed. And if you're not succeeding, work harder. If you have a problem, solve it. If you can't solve your problem, work harder.

Successful aging is more than just working harder. What we're facing now and as we get older are situations that we can't just “fix” with hard work and

doing things the same way we've always done them. We need to think and do things differently.

When you were younger you had lots of time to recover from situations that didn't work out well (from bad choices or unfortunate situations). In your 50s, 60s, and 70s, you have far fewer years to recover. This will have a huge impact on your health, happiness, and financial security.

This Report Takes A New Approach To Your Future

These seven revolutionary techniques (plus the action steps on page 25 that you can use right away) will help you save time, money, energy, and worry as you create your best possible future.

You're Not The Only One

- People over 50 represent 27% of the US population.
- By 2015 (less than 4 years from now), 77 million people in the US will be over 50 – that's as many people as the combined populations of Canada, Peru, Singapore, and Ireland.
- By 2030 the 65+ population will double to about 71.5 million and by 2050 will grow to 86.7 million people.
- More than 50% of people over 50 live in 9 states only: California, Texas, New York, Florida, Pennsylvania, Illinois, Ohio, Michigan and New Jersey.

(Sources: SeniorNet, Tech Crunch, US Census Bureau)

Take moment to consider:

"Do I have enough money?"

"Am I satisfied with my life?"

"Where is my time and energy going?"

"Am I as healthy as I can be?"

"Are my parents well cared for?"

"Are my kids out of the house and self sufficient?"

"Is my spouse / partner happy?"

"Is my future just like my past? Similar to my current life?"

"Is my future a blend of the past and present with lots of new stuff thrown in?"

Now is the time to "take care of business" and start developing the skills and agility you need, for now and later.

You can imagine and create the right future for yourself, be as healthy as you can be, enjoy the right kinds of relationships, love where you live, and have enough money for the rest of your life.

Successful aging is about being prepared for what you expect and being adaptable when dealing with the unexpected. Life will change even faster in the future than it has already.

This report gives you seven integrated, cutting-edge techniques for living on your own terms, so you can create the life you want, even with the challenges of getting older.



Your Retirement And Aging Won't Be Like You Imagine

7 Cutting Edge Techniques To Cope With The Changing Environment

Whether You're 50, 60, or 70

The 7 Techniques

1. **Change Your Perspective About Aging**
 2. **Ask Great Questions**
 3. **Use Whole Life Balance To Create The Future You Want**
 4. **Write Your Own Story (Rewrite When Needed)**
 5. **Create A Balance of The Right Relationships**
 6. **Be Smart About Finding The Information You Need**
 7. **Find The Best Methods For Making Decisions About Your Future**
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Technique 1: Change Your Perspective About Aging

First, please take a moment to answer these questions. Take your time and dig in as deeply as choose.

1. What does your aging mean to you?
2. Think of the people you most admire. What does their aging mean to them?

How old you are, the actual number of your age, doesn't matter as much many of us were taught to believe.

In fact, your actual age doesn't determine who you are or who you can be. Your age doesn't determine your quality of life: you get to choose it. And no matter how old you are, you're age isn't the problem.

It's true. So many of us were taught to treat our aging as a problem.

Most people like to solve problems. Problems give us the chance to create solutions, make them happen, get rid of the problem forever, celebrate success, and move on to find the next problems. To solve.

Aging is not the problem.

The problem is staying stuck in outdated thinking about aging and getting older and therefore limiting the array of possibilities that you have for creating the future you want.

“The problem is, first of all, how to break through the cocoon of our illusory youth and risk a new stage in life, where there are no prescribed role models to follow, no guideposts, no rigid rules or visible rewards, to step out into the true existential unknown of these new years of life now open to us, and to find our terms for living it.”

—Betty Freidan, Author
The Fountain of Age



Technique 2: Ask Great Questions. Find Your Own Answers. Repeat.

1. What are the three questions you ask most often about your future (whether you ask yourself or others)?
2. Will these questions help you create the future you want, or are there more important questions that you should be asking?
3. How do you know if you're asking the right people?

Once you start asking great questions, change begins. You focus on what is possible in your life, rather than accepting things "as the way they are" or because other people say so.

You become more sensitive to opportunities that may not have been on your radar before.

Great questions can open the door for changes and insights that are truly transformational. Great questions help you come up with ideas and solutions which can take you to places you may not have otherwise experienced.



Great questions deserve reflection and often need to be asked more than once. As you continue reading, we invite you to take some time with each question you encounter, and write your answers in a place where you can review them later.

Great questions (like these) help you challenge assumptions that may be keeping you and your thinking stuck.

- *"Who am I now? Who will I want and need to be in the future?"*
- *"Who is in my life now? Who will I want and need in my life in the future?"*
- *"How am I spending my time and energy now, really? How will I want to use my time and energy in the future?"*

Asking great questions is a powerful step in creating the life you want. Asking creates ideas and ideas are the seeds that grow into your best possible future.

Technique 3: Use Whole Life Balance To Create The Future You Want

Creating the life and future you want comes from **whole life balance**: managing the eight key ingredients of your great life after 50:

1. health (mind/body/spirit)
2. finances
3. community, family, and friends
4. living environment
5. continuing education
6. personal growth and development
7. employment, retirement, and combinations in between
8. recreation, leisure, and service

One common approach that many people take to creating the life they want is to imagine their ideal future, hoping that they will be able to make their vision become a reality. They often write inten-

tion statements and then say them out loud as affirmations:

"I am healthy, in great shape with all the money I need, living in a great neighborhood, with family and friends nearby. I continue learning, growing as a person, have a great high paying job, that I can schedule, when and IF I want to work (not because I have to work)..."

"...and I have many opportunities to do all the things I love, travel, volunteer, and still have time to relax at home in my beautiful home, with the person I love..."

Sounds great, huh? It is great!

But imagining something and being able to make it real and sustainable aren't the same thing.

How do you take your vision (of the life you want) and turn it into the life you're living, both today and in the future?



Transforming your vision into your everyday life is a process that starts with a new perspective about living after 50. It begins with realizing that it's not primarily about aging, getting older, or how old you are. It's about quality of life.

It's about **whole life balance**: creating a vision, setting goals, and following through on the eight key ingredients of your life. It's about celebrating success and making necessary adjustments when things don't go as planned.

Creating the life you want is about making the right life changes (and the right types of changes at the right times) while keeping the right amount of stability in your life.

Most people, when taught to imagine their ideal future, don't learn the process that will put them on the fast track to creating the future they want.

Because most people are taught, as the first step of the process to create a picture in their mind. But starting like this actually skips something critical.

The best first step creating the future you want is to take a look at yourself and your current circumstances.

After that (as the *second* step) you can imagine the future of your dreams. You can (and should) let your imagination run wild!

Consider your options...

Maybe your dream is to be an astrophysicist / circus performer / brain surgeon with a flair for Cajun cooking, who does triathlons and competes as an international ballroom dancer when not volunteering at the local soup kitchen.

Maybe you'll want a much simpler life than you have now, sitting at the river's edge like Siddhartha or Thoreau.

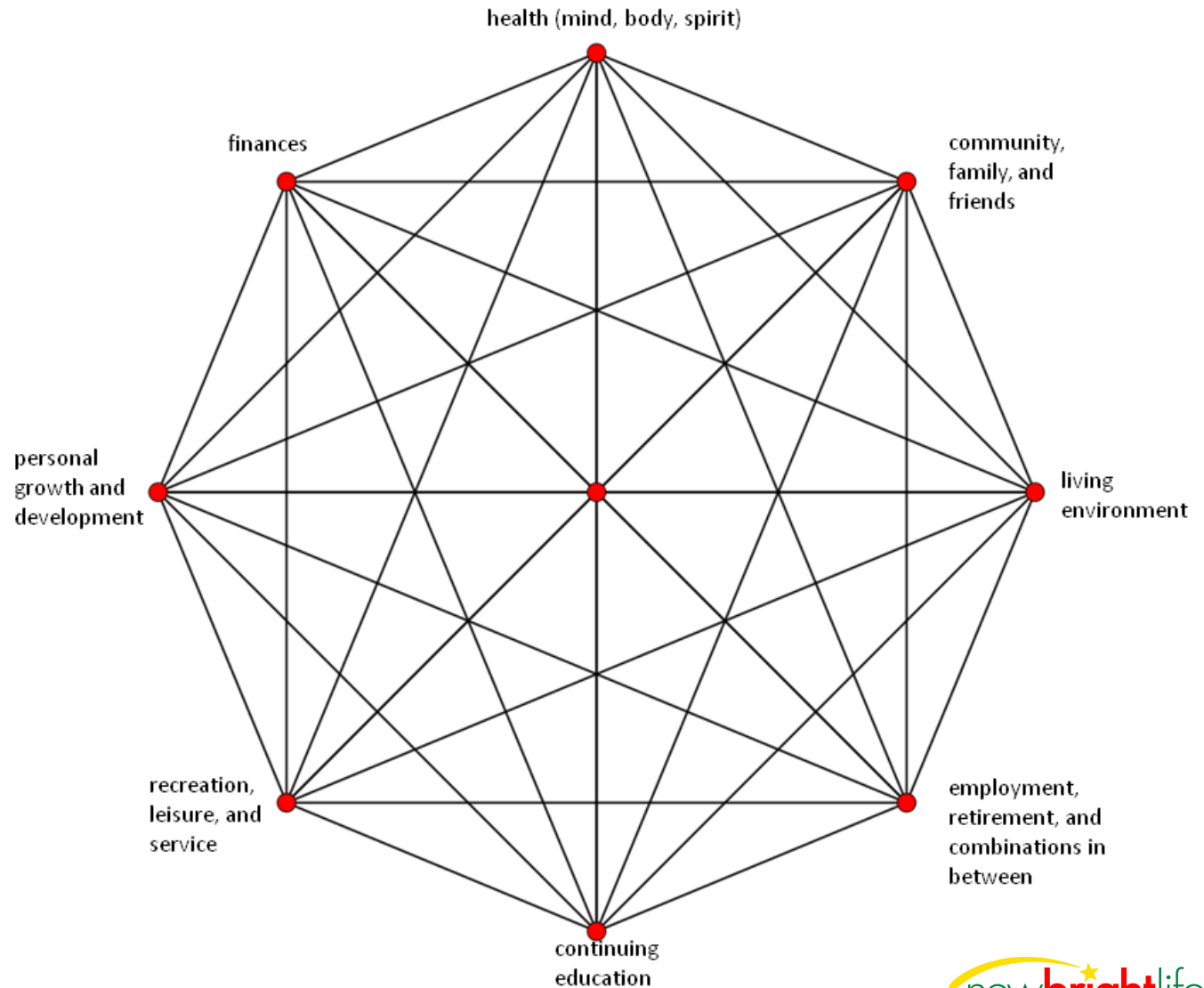
The first step toward successful aging and creating the future you want is to take a clear look at your life now.

Spend some time thinking about the questions below. Keep your answers simple and clear. Write your answers in a journal. Discuss them with someone you respect and trust.

1. Who are you?
2. Who is in your life?
3. Where are you spending most of your time, energy, and attention now?
4. Which of the eight components of your whole life balance are aren't getting enough attention?
5. Which ones are getting too much?

Whole Life Balance : 8 Ingredients For Creating Your Best Possible Life After 50

6. In the areas where you need support to make changes, whose help will you need? This could be a specific person (like your spouse) or a professional service provider (like an accountant).
7. Are your intentions and goals clear enough to lay out a plan?
8. Are you flexible enough to both plan and adapt when the unexpected happens?
9. How is the state of the nation and the world affecting your current life? How do you expect it to affect your future?



Technique 4: Write Your Own Story (Rewrite When Needed)

“As you begin to pay attention to your own stories and what they say about you, you will enter into the exciting process of becoming, as you should be, the author of your own life, the creator of your own possibilities.”

—Mandy Aftel,
Author, Natural Perfumer

Be careful of the stories you tell about yourself and your life (as well as of the stories that others tell about you). The stories are powerful. If you are not aware of the power of the stories, you risk believing them as absolute truth and getting stuck in them as the “way things are”.

Many people get stuck in outdated stories. But you don't have to. Instead, you can recognize your power, get rid of stories that don't work well anymore,

create new ones, update others, and start changing your life.

1. At this point in your life, what are the three most important stories that define who you are? (These can be stories that you tell about yourself, that other people tell about you, or both.)

2. In your future, what would you like the most important stories to be? Will they be the same as your current stories or will they be new ones?

3. What stories will you want people to tell about you after you're gone?

Roles are another important way for us to define who we are. Roles can be the frameworks for the stories we tell, so we can know what to do and what value we



bring to the lives of ourselves and others. Roles can keep us busy and point us in the direction of what to do next. **Roles can also become prisons.**

Most of us grew up understanding who we were through roles (as daughter or son, student, athlete, sister or brother for example). Eventually we outgrew some and moved on to other roles that brought new responsibilities (like parent, spouse, employee, homeowner).

Later we settled on roles that we've kept throughout most of our adult lives. (Take a look at who you are right now. What are your primary roles and what are the responsibilities that come with them?)

Roles will continue to be a part of our lives after 50, but most likely not to the same degree.

- We'll keep some of our old roles and let go of those that don't apply to our lives anymore.
- We'll add some new ones, because we'll always need some roles (like friend) to keep ourselves engaged and active.
- Over time, we'll have fewer roles than we used to have because fewer people will depend upon us, our abilities may diminish, and most of us won't want to juggle as many roles as before.

- We'll need to be realistic about which roles to keep, which ones to let go of, which new ones to bring into our lives, and how many roles we can handle at once.
- While we'll need other people in our lives, we'll ultimately have to take more responsibility for the quality of our futures than anyone else.
- Many aging people will lose their spouses in the coming years, because of divorce or death, so will have to make choices about new relationships and priorities.
- The right roles (at the right time in our lives) can help us formulate our ambitions and goals as we learn to understand where we came from, how far we've traveled, and where we want to go in our lives.

Roles can also limit us, especially when we hold onto empty ones that we need to release.





Getting To Know Yourself Outside of Your Roles And Stories

Here's the most brain-bending part!

While roles will still be a part of our lives, we'll have the opportunity (and challenge) of living part of our lives without roles. We'll have a private place in our lives where roles aren't necessary.

It's a place in your life where you won't have to be in any of your previous roles or take on any new ones. You won't need all of the stories (that you or others people have created) to know who you are. You'll be face to face with yourself.

It's a new part of life that comes with a huge gift: the chance to really explore who you are and want to be. Like many people over 50, this may be your first opportunity to put some time, energy, attention, and love into a part of yourself that isn't based on roles, stories, or other people at all.

Imagine that you retired yesterday! You finally have some real space in your life....or you finally have the chance to do the millions of things you've always wanted. Either way, don't launch into "busy doing" ...at least not right away. Spend some time with yourself, first.

Imagine (as an individual or couple) that you've just sold your house and are living in a rented apartment for 18 months before considering buying the right home. It's early morning, you're enjoying the sunshine, and you're no longer a homeowner with an unending list of home maintenance tasks.

Suddenly, you ask yourself,

"What am I going to do next?"

**Don't do anything...yet.
Get to know yourself...first.**

Imagine that you're sitting in your living room on the morning after your last child has left for college. The house is quiet, there's no laundry to do, and you actually know where the car is. You start wondering what you're going to do next. But don't do anything...at least not right away. Spend some time getting to know yourself outside of your roles first.

Imagine that your spouse or partner is no longer a part of your life. It's very common to begin a frenzied search for a new partner. Losing a spouse or partner (through death or separation) is paradoxically a major loss and an unexpected opportunity. You have the chance to get to know yourself as an individual before leaping into a new relationship. You'll probably be more satisfied with yourself and more interesting to a potential partner (if and when you want one).

Here are the 6 key points to remember from Technique #3:

1. Get to know and appreciate yourself beyond the familiar stories you and others create about you.
2. Actively create new personal stories that reflect who you've become and who you want to be.

3. Remember that creating new stories and roles is usually an interactive process between you and those around you. You have more control of your roles and stories than anyone else. Give yourself permission to take control.
4. Inhabit the right roles for you, at each part of your life. Let go of them when appropriate (to make space for some new roles, or even no roles at all).
5. Acknowledge - if and when some of your abilities diminish - that it's time to sort and release roles and stories that don't serve you well or you no longer have the interest or energy for.
6. Get to know and appreciate yourself independently of any of your past, present, or future roles.

Most of us over 50 have spent much of our lives creating our stories and living our roles. Most roles will change, sooner or later, sometimes by choice, often by circumstance. Sometimes we'll need to live in the space outside of our roles and stories.

Please take a moment to answer these questions for yourself.

What will happen when the ways you've always defined yourself (or other people have defined you) are no longer true?

- Who will you be?
- How will you know who you are?
- What are the gifts and opportunities that can come with these situations?

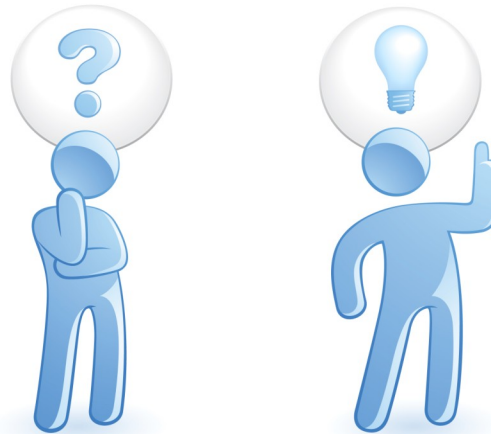
Technique 5: Create A Balance of The Right Relationships

Please take a moment to answer these three questions for yourself.

1. Who are the three most important people in your life now?
2. Do you think that that your relationship with these three people will be identical 15 or 20 years from now?
3. What additional relationships might you need in the future and where do you think you will find them?

The people we are close to make up our **strong social connection networks**.

These can be our friends, parents, children, and anyone else that we are close with. These relationships are usually defined by shared values, experiences, history, relationships, world view, and experience including each others' likes, dislikes, and idiosyncrasies.



The people we are much less intimate with make up our **weak social connection networks**. These are people we don't know well, who we may not see often, and with whom we don't have a lot of shared history or shared preferences.

Weak social connection networks are more likely than strong connection networks to expose us to new ideas and opportunities, different perspectives, and new potential relationships.

As humans, we are social creatures. We all need people we are close to. How many and how often we connect with them is an individual preference. We also all need people we're not close to. Again, how many there are and how often we connect with them is up to us.

As we get older, some of the people in our strong social connection networks will move away, become ill, die, or lose their connection to us. It's common for us to develop new relationships with people from our weak networks. Weak connection networks are usually the best source of people for your strong social connection networks.

Don't become isolated as you get older. Keep meeting new people who can replenish both your strong and weak social connection networks.

Technique 6: Be Smart About Finding and Using The Information You Need

Remember **whole life balance?**
(Page 15.)

1. health (mind/body/spirit)
2. finances
3. community, family, and friends
4. living environment
5. continuing education
6. personal growth and development
7. employment, retirement, and combinations in between
8. recreation, leisure, and service

Each ingredient of whole life balance needs time, energy, and attention. You need to have **enough information** to make great decisions for your future. But it's not just about information. Let's take a closer look at information, knowledge, and wisdom and how they relate to each other.

Information is data that's stored somewhere. For example: current events (newspaper), grocery list (sticky note), birthdays (calendar), emails (computer), memory of multiplication tables (brain), article (magazine), an advertisement (billboard). Information becomes useful when it is transformed into knowledge.

Knowledge happens when you actively discover and begin to understand, assess, integrate, and use information. Knowledge is usually not the same as wisdom.

Wisdom happens when you thoughtfully sort and test knowledge through experience, reflection, and insight. Wisdom can come from one person or from several people collaborating together.

There's so much information out there. You might drown.

How can you sort through the deluge of information to find enough of what you need to start making great choices for your future?



Here are 8 simple approaches that you can use to find the information you need, to handle the expected and unexpected challenges that are part of life after 50.

1. Unplug. Take a periodic break from the news, a media fast. Watchdog groups have analyzed the mainstream media and found some disturbing information: for every 13 negative news stories, there is only one positive story.



2. Seek information from sources and perspectives that:

- a) you trust
- b) provide a variety of perspectives
- c) that help you analyze the information and arrive at your own conclusions.

If you are only getting information from one source or perspective you will probably only be able to draw conclusions that confirm what you already think you know. This will limit your possibilities, knowledge, and wisdom.

3. Keep asking yourself:

- *“What is really being communicated?”*
- *“How does this help me?”*
- *“Does this **really** help me?”*
- *“Who stands to benefit if I adopt this information, belief or perspective?”*

4. Stop consuming information from any source that uses tactics like these:

- us vs. them
- fear, doom, and gloom
- righteous indignation and blame
- attacking a person’s integrity instead of trying to understand them
- making one perspective totally right and all others totally wrong

5. Take a deep breath and walk away from your trusted sources for at least 72 hours. When you come back, listen to them with a different ear.

6. Write down the most important facts you are learning that can and will affect your life after 50. Choose what to do about them. Respond rather than react.

7. Keep an eye on other people's most often repeated information or perspectives. Distinguish between the rhetoric / hype and what is really useful for you and the people you care about.

8. Talk (regularly) with one person you know well and with one person you don't know well (and may not agree with) to get two perspectives in addition to your own.

Write down your observations about the discussions. Choose the information that you need and take action. Repeat.

Don't wait for the perfect plan to get started. There is no such thing as the perfect plan. Start today.

Build it, refine it, and stay flexible because you'll do it more than once.



New and updated knowledge and wisdom are critical for creating the life you want after 50. Updated wisdom is key for successful aging since it helps you:

- let go of what used to be true (or never was)
- adopt what is true, even if it feels uncomfortable at first
- release what used to work well, but doesn't anymore
- live with uncertainty from time to time (this is one of the hallmarks of wisdom)
- discover and use what will work well in the foreseeable future even if it seems different or awkward at first.

Technique 7: Find The Best Methods For Making Decisions About Your Future

How do you make important decisions now? Check off the statements that are the most often true for you.

- “I make impulsive decisions.”
 - “I make mostly yes/no decisions.”
 - “I avoid decisions and am often slow to decide.”
 - “I make decisions that help me fit in with others.”
 - “I make decisions to be different.”
 - “I flip a coin.”
 - “I make a list of pluses and minuses.”
 - “I use logic.”
 - “I follow my intuition / heart.”
 - “I listen to my emotions.”
 - “I react from fear.”
 - “I ask friends for advice.”
 - “I listen to everyone but myself.”
- “I listen only to myself.”
 - I seek out new people who have the experience and wisdom I need.”

Life after 50 will involve new, different, and more sophisticated decisions than ever before.

Changes – expected and unexpected – will happen, forcing us reconsider our options and make new choices. Previous experiences won't necessarily give us all the information or direction we need.

The decisions we make now (or allow others to make for us) can have a huge impact on our lives for years to come. We may not have as much energy as we used to and fewer years to recover from bad decisions. Quick, uniformed fixes of all kinds can be very expensive, time-consuming, and energy draining.



Take a moment to answer these two questions for yourself.

1. Which of your decision making methods will help you as you create a great future?
2. What new methods should you adopt so you can handle making important decisions in your life?

10 Things You Can Start Doing Right Now To Create Your Best Possible Future



1.) Start today. Small goals are the foundation for bringing your dreams to life. A great way to get started is to get yourself a notebook or a journal.

Choose one that inspires you to write, because you like it and it feels good in your hands.

Taking steps (even little ones) toward the future you want is powerful. Getting the journal or notebook is a strong signal to yourself that you are serious and ready to take personal responsibility for creating the life you want.

2.) Start asking yourself great questions:

- “Who do I want to be?”
- “Who else do I want in my life?”
- “How will I want to spend my time and energy in the future?”

Write your answers down. Discuss them with someone you admire and trust.

Decide in advance if you just want a person who will simply listen (for now) or if you want feedback from them.

3.) Evaluate your lifestyle as it is now and how you want it to be, in the near as well as the far future.

Remember that the lifestyle you want will change over time, and may change more than once. Remember that not all lifestyle changes are necessarily in the direction of bigger and grander. And that you don't always need other people's approval to validate your choices.

4.) Evaluate your strengths and skills, past and present.

Then figure out what to leave behind that will no longer serve you well, what to bring forward that will continue to support you, and what new things you need to start learning and experiencing, now, to create the future you want.

Some of your past strengths will keep serving you well. Some past strengths may not serve you well in your 50s, 60s, 70s, and beyond.

Evaluating your strengths may be difficult to do on your own because most people often don't realize the ways they are truly great. How about you?

Consider interviewing someone you admire and trust. Ask for help in answering the questions from #2 (page 25). Use his or her input as raw information, not as unquestioned truth. Turn the information into knowledge and transform it into your own personal wisdom.

5.) Let yourself grieve. Let go of who and what no longer works for you (with gratitude) . This creates space for the new skills and mindsets that will serve

you in the future. It's OK to grieve as you let go of some of what's familiar to you. Just don't make the grieving into a permanent role or dominant story in your life.

6.) Start growing your strong and weak social connection networks now. Keep growing them to avoid isolation later in your life.

- For some of us, **strong social connection networks** are especially easy because we are good at intimate, longer term, familiar, highly (shared) relationships.
- For others, **weak social connection networks** are especially easy because we are good at seeking and enjoying new experiences and people.

Each of us will select the right amount of strong and weak social connection relationships for our lives. The right amount will always be greater than zero.

7.) Ask questions about yourself, your current life, and your possible future. Then discuss your discoveries with people you admire and trust. Among those you speak with, be considerate of the people whose sense of self and security depends on you, your stability, and your reliability (like your spouse, for instance).

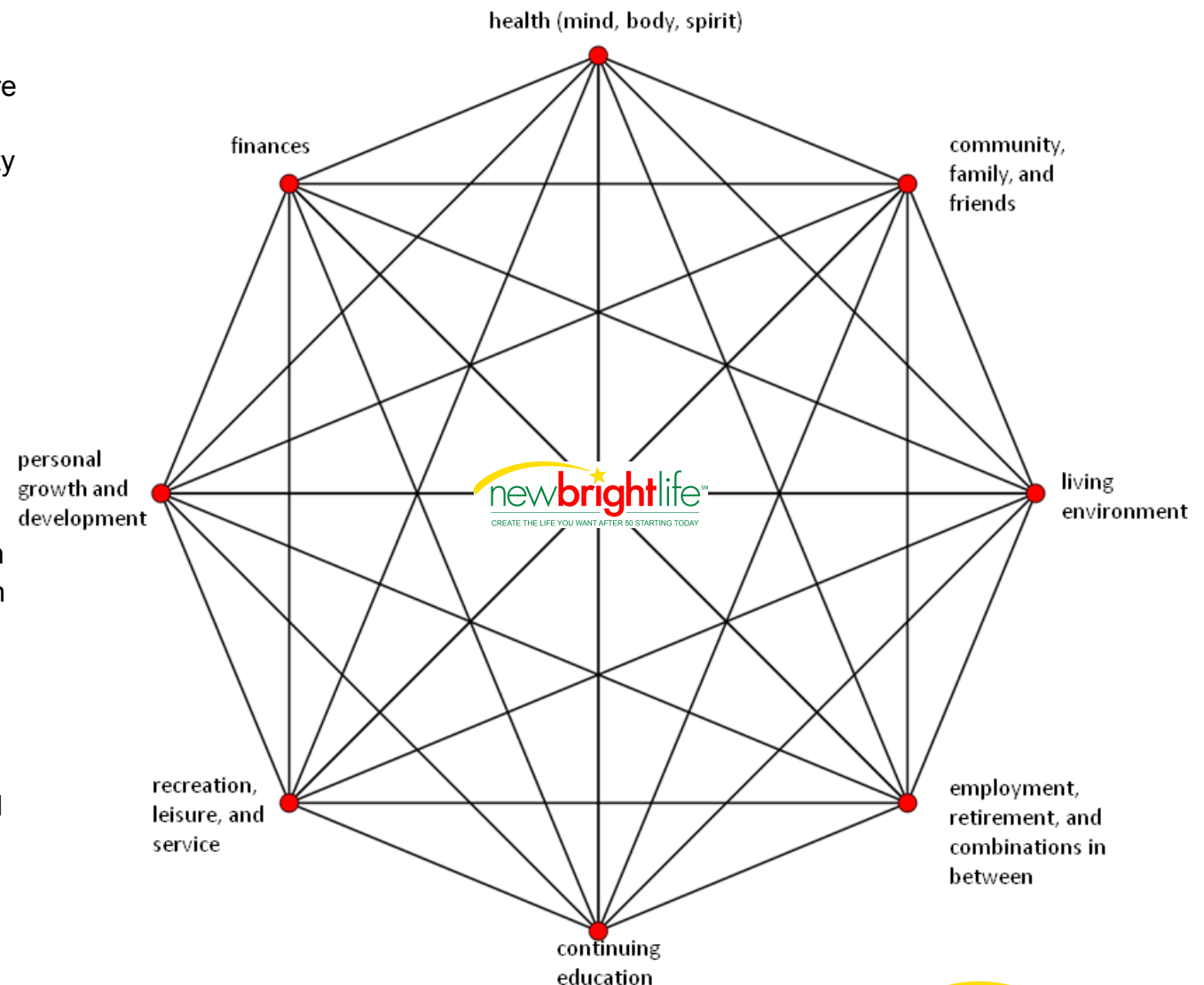
What seems exciting and maybe a little scary to you might be very scary for someone who deeply depends on you. Be careful to reassure the other person that you're in the midst of a thoughtful process, not an out of control, lifestyle demolition.

8.) Don't expect your life to go completely according to plan. Look back across your life. Did you measure your success more by plans "working out completely" or more by your ability to be flexible and update the plan.

9.) Take care of your physical health: eat well, drink lots of water, take vitamins, get enough rest, and exercise.

By health, we mean the best overall whole life and physical health you can have, given who and where you are in life. There is always an opportunity to make an improved choice.

10.) Spend time with people who inspire you and support your personal growth and development. Life is too short to be swamped by someone else's drama.



Creating the life you want after 50 is about successful aging and whole life balance: what you need to understand (and do) to have a great future, even when dealing with the challenges that happen to most people as they get older.

New Bright Life offers tools and techniques that you can easily learn, develop, and rely on each day. Our approach goes beyond magic pills and one-size-fits all solutions.

Welcome To **Your** New Bright Life!

About The Author / Speaker



George H. Schofield, PhD, is an expert on successful aging, an author/speaker, magazine columnist, entrepreneur, and consultant. He is a thought leader in aging and employment, two intersecting realities in our changing world.

George is the founding principal of New Bright Life (newbrightlife.com), helping people create successful, thriving lives in a rapidly changing world. New Bright Life delivers innovative tools and approaches that enable people to be flexible while creating their futures, even when dealing with the challenges of life after 50.

He is the author of *After 50 It's Up to Us, Developing the Skills and Agility We'll Need* (georgeschofield.com).

The book's forward is by George's colleague Richard Nelson Bolles, author

of *What Color is Your Parachute?* George is also one of the experts recommended by Bolles in this book.

George is the founding principal of The Clarity Group (clarity-group.com), an innovative business consultancy firm. Earlier, he was senior consultant for a multinational consulting company, worked in banking and finance, and was vice president at Bank of America in San Francisco.

His magazine columns can be found at redroom.com/member/george-h-schofield in company with other best-selling authors.

Dr. Schofield's education is unique: a BA in Business, an MA in Counseling, an MA in Adult Learning / Human & Organizational Development, and a PhD in Human & Organizational Development.

George is faculty at the University of South Florida, and is an active member of the following: the national Society of Psychologists in Management (SPIM), The Association for Psychological Science, the Life Planning Network, the Lakewood Ranch Business Alliance, the Manatee Chamber of Commerce, and the Sarasota Chamber of Commerce.

He is a past two-term President of the Advisory Council to the Commission on Aging and Adult Services for San Francisco (City and County) and past President of the Area Agency on Aging Advisory Council of California (TACC), a communication bridge among thirty-four state commissions on aging and adult services.

George is a former member of the advisory council to the Business School at the University of San Francisco.



CREATE THE LIFE YOU WANT AFTER 50 STARTING TODAY

New Bright Life helps people over 50 learn how to create successful, thriving lives in a rapidly changing world with revolutionary, yet simple tools and techniques.

We focus on successful aging, quality of life, great relationships, whole life balance, and personal adaptability, especially for dealing with the unexpected.

New Bright Life helps people create satisfying lives by teaching them how to combine their experience and wisdom with new knowledge, new mindsets, and new approaches for the futures they want.

Whether life is going smoothly or if situations are forcing major life changes, New Bright Life offers tools that enable people to create and live their best possible lives.

New Bright Life recognizes that there is no one-size-fits-all solution or magic pill for life after 50.

For more tools, tips, and resources for creating your best possible life after 50 (and saving yourself time, money, energy, and worry) visit [New Bright Life](#) right now.