

Six Essential Elements To Making The Best Half Count

# THRIVING AFTER 50



Glenn Baja

*“There are so many people who have resigned themselves to a life of mediocrity and spiritual pain—a result of not ever discovering, let alone living, the dreams they once saw for themselves. I cannot think of a greater pain for people to experience, or a more empowering obstacle to courageously work to overcome”. ~ Glenn Baja*

# Thrive After 50

## *6 Steps To Creating A Life Of Your Design*

**T**hank you for downloading this e-book. I am honored to have our paths cross. You have not found this book by chance as life often reveals itself with perfect timing. People and circumstances come into one’s life when the person is ready...and you have been guided here as a way to help you make the most of the rest of your life.

## What’s Next?

**O**ver the past 100 years the average life expectancy in the U.S has gone from 47 years up to nearly 79. As of 2012, the U.S. Census Bureau shows the fastest growing percentage age group in the nation to be the centenarians (100+). While this may seem a cause for celebration, it can also cause anxiety and consternation, as millions of us deal with the outdated preconceived notions of what retirement, *the golden years*, is all about. Is living to 100 a good thing if you haven’t all of your senses, you’re out of money, or your health sucks?

Not only are we living longer but our enjoyable and productive years have been extended. Not long ago, a 65 year old was worn out and ready to retire to a rocking chair. But our health care and quality of life have

improved. Many people at 65 are still very active with ample time left to explore and develop new interest and new directions, tapping into years of experience and wisdom to accomplish goals that circumstances of the past did not allow.

This means there's a lot of time left ahead for you...twenty to fifty years or more. Do you know what you're going to do and how you're going to challenge yourself? Do you have a plan for learning or mastering something you're interested in? How about a program or strategy to get yourself back into shape?

For perhaps the first time ever, we now have the time, energy, wisdom, resources, and, in many cases, the money to delve into a passion of our choosing, not only for our own enjoyment, but with a desire to contribute and make a difference. This desire to have a positive effect grows with age. What's more, evidence shows that we may be hardwired towards making later-year big accomplishments! Some have reached midlife and reconnected with childhood ideals. For others, the dreams may have changed, but new ones have emerged. For all, the seeds are planted, and are now ready to germinate.

While there are some abilities that decline with age (memory, stamina, reading without glasses, or hearing conversation clearly over surrounding ambient noise), neuroscience research shows that some things improve. Recent discoveries in brain studies have shown that we do not lose intelligence as we grow older, but rather the opposite is true.

Let me share some great news with you...

In his book *Boundless Potential*, author and former CNN news anchor Mark Walton studied engaged and creative individuals into their sixties, seventies, eighties and beyond and concluded that later life achievements are not only common, but may represent what later life is *supposed* to look like. Our brains during these transitional years undergo a virtual *positive reorganization*; not a diminishing of capabilities.

We may forget where we put the keys, but on the other hand we may set out to solve or contribute towards challenges much greater than ourselves.

Which begs the question...are you ready to retire, or *rewire*?

You may be thinking, "Now I have the time to do all the fun stuff I've been putting off! How exciting!" But can you do 20-50 years of it? Can golfing, shopping, watching TV, helping with grandchildren, and fixing up the house keep you challenged for this length of time?

You may also find yourself asking deeper questions: "*Is this IT?; Is this what life is all about?; Have I really lived?; Have I made a difference?; Have I really contributed to...anything?*" And, with an ever-increasing sense of urgency, you may wonder: "*If not now, when?; I'm not getting any younger!; If I'm ever going to do this, I better start soon!*"

And you may start second-guessing yourself, wondering how you're going to get by financially and/or physically: "*What if my money runs out?; Can I ever get back my health?; Is this what getting old is all about—feeling crappy and having to watch my money like a miser?*"

Let go of any preconditioned ideas of what retirement is about and choose to view these upcoming years as an *opportunity* to finally listen to your own voice. Instead of becoming bitter or bored, you can choose to reinvent yourself to engage in whatever your heart desires. Rekindle that childhood ability to dream and imagine! You have a golden opportunity to **now** be what you might have been had you the time, courage, and wherewithal to pursue your passions when you were younger!

Don't believe for a moment that you are "finished," over the hill, or even worse, *retired*. Think about it...what comes to your mind when you think of the word retired? According to the Merriam-Webster dictionary, retired has some pretty sobering synonyms: hidden, isolated, quiet, remote, secluded, and sheltered. How can words like lonely, reclusive, solitary, and private energize or inspire you to greater things?

They can't.

Is this what you want? To just settle, give-up, and compromise your God-given talents by believing that you're now too old, were short-changed, or "*Damn-it!, I should just be able to do whatever I want for the rest of my life!*" without having a direction or goal for your future? Beliefs like these will lead

you to a quick path...a crotchety, bitter, and painful path leading to six feet under!

Given the choice, wouldn't you rather thrive, blossom, engage, create, enjoy, and feel energized about life? Wouldn't you rather feel open, receptive, grateful, and vibrant?

It's your choice:

*"Whether you think you can, or you think you can't, you are right."*

*~ Henry Ford*

## My Story

*I've had many birthdays, none of which bothered me. But when I hit the big 6-0 mark in life, that changed.*

*For me, turning 60 was the official start of the early senior years. It was a defining moment, a time to get serious. No longer did I have, as it seemed at one time, an unlimited number of years to get my act together. If I was ever going to put my "best foot forward" in life, this was the time to do it. It was time to "show up" or "shut up," time to play full-out, or live with the regret of never having the courage to try.*

*All my life I had wondered what I was destined to do. Nothing ever shouted "YES" to me or jumped out saying, "CHOOSE ME!" Sure, there were things I liked to do more than others, but most of those were interests that I was told by parents, society, and others, wouldn't lead to a sustainable career or successful lifestyle. After all, who could make a living as a traveling photographer?*

*I believed this. These beliefs influenced my direction in life. Instead of trusting that I could figure out a way to make things happen, I succumbed to the belief that I couldn't live the life I had envisioned for myself and took a job in the family restaurant business. It would be decades later before I*

*realized that these were untruths that had been passed down by well-meaning, well-intentioned individuals who cared about me, but who themselves had also been stifled and compromised in life.*

*I did everything I was 'suppose' to do. I went from high school to college. I married and had 4 children. I worked hard in the family business. Sixteen years later I left the family business to open my own restaurant for another 15 years. I put four children through college, lived in a nice house overlooking Lake Michigan, traveled when I could, and enjoyed my hobby of photography. Life seemed pretty good. Especially on the "outside."*

*On the 'inside' a deep-seated void continued to occupy me. So did shame, a lack of self-confidence, and the deep-seated feeling that I had some mission, some purpose, to discover about myself. I came to realize that blaming others and feeling victimized by life had to stop—I alone had to take responsibility for my life. Now that the children were grown, educated, and away from the 'nest,' I decided it was my turn. I made the commitment to discover who I really was for the first time in my life.*

*Serendipity began to happen. A friend, knowing my inner struggles, gifted me with a ticket to a Tony Robbins weekend event. There, I heard truths that resonated to my core. Other teachers came into my life. They all said the same thing, which I already knew in my heart to be true...**We each have the power within to make any of our dreams come true. Each of us is powerful beyond belief, and that we, ourselves, are the biggest limiting factors in our lives.***

*My life continued to undergo drastic transformations. I divorced after 34 years of marriage. I sold my business, almost giving it away, deciding to never go back to that unfulfilling life. I consciously/unconsciously sabotaged my financial life, somehow understanding and knowing that this was necessary in order to create my new foundation. Doing so created great leverage, a **must**, to reinvent myself.*

*I stepped into the great unknown, not knowing where I would end up, but knowing that I had to do this, regardless of the costs. I was scared...I was confused...I was uncertain, but I continued stepping forward everyday towards that which I wanted in my life. I trusted in myself, the Universe, and in my conviction that I would find the rainbow that waited for me on the other side of the fear that had inhabited my life for so long.*

*I chose to view this new life as exciting and invigorating rather than terrifying and difficult. Listening to my heart and risking everything was a huge challenge, but the fear of regretting never trying was greater. After all, this was my life.*

*I began embracing who I was, warts and all. I began finding and trusting my voice, believing that I had something of value to share. I formulated a dream, envisioning my greatest and boldest one possible. I began stepping into the shoes of that which I wished to be, taking action by doing rather than thinking. I didn't know how things would work out, but I continued onwards everyday, trusting that the answers would come.*

*It amazes me to look back today and see how quickly things changed.*

*Today, I find myself traveling the world, taking pictures of it's beauty, while accompanied by a beautiful woman I love. I've recently partnered with a company who specializes in creating financially successful internet websites, giving me a virtual team to work with wherever I go. I am the happiest I've ever been, in the best physical shape of my life, and feel like a child playing in utter delight in his sandbox of life.*

*I can see, smell, and taste what I'm striving for. I'm not totally there yet, but everyday I continue taking those steps in that direction. I'm on my own unique journey in life...and loving it!*

*My dream life was to be able to travel the world, do photography, and be able to run my business from anywhere I go. Furthermore, It had to be fun, financially rewarding, and contribute in a positive way to other people's lives. It must offer adventure, challenge, personal growth and be something that I wish to do for the rest of my life.*

*Welcome to [ThriveAfter50.com](http://ThriveAfter50.com) my friends. This is how I choose to spend the rest of my life.*

*Thriving!*

*~ Glenn Baja*

# Your Story

**T**his E-book provides you with the essential elements needed to start down your own unique path to thriving. Don't think for a moment that you are too old, too out of shape, too poor, or too busy. You're not too late, too tired, too important, or too unimportant to do this. Don't think you're not good enough, lovable enough, or capable enough in any manner to make this happen for yourself.

## ***They're all lies...***

Each of us has the inherent right to live a long, healthy, and prosperous life doing what we love. I realize that doesn't sound mainstream...it's not. It's you-stream. It's your life, lived on your terms. I propose that there has never been a more opportune time than *now* to take action and live the rest of your life doing that which you love!

You don't have to make the kinds of life-altering changes I chose to make. Your path is your own, and you know in your heart what must be done. Just be open to listening to and heeding your voice within.

Don't compromise and don't settle. You deserve more.

If you choose to LIVE the following Thriving Essentials, there will be no stopping you from writing your own story the way *you* envision it to be!

## Thriving Essentials

**T**his book is merely an introduction to how to live to your potential. It's a jumping-off point to do your own exploring into the workings of your mind and into the realm of personal growth. Use it as a catalyst for personal transformation. It's not an exhaustive, in-depth document on creating the



perfect life. My intention here is to light the spark, inspire you, mentor you, and empower you to actualize your best self. I will work alongside with you through ThriveAfter50.com to help take the necessary steps to self-fulfillment. These chapters will whet your appetite and leave you hungry for more. *It's that hunger for more that creates the desire to thrive!*

Travel  
Health  
Risk  
Imagination  
Vibrancy  
Enrichment

Travel

*"The world is a book, and those who do not travel read only a page."*  
~ St. Augustine

**Travel Synonyms: excursion, expedition, movement, sightseeing, touring, trekking, voyage, wanderlust, get around, move around, investigate, survey, question, research, seek**

*I always love being out on the "open road." I love the wind in my face, the constant changing scenery, and the adventure of never knowing what the day may bring or what lies beyond the next bend of the road, river, or trail. For me, it's stimulus heaven, a time when all my senses are working overtime and enjoying each changing moment in front of me.*

*My attitude shifts when I'm on the road. It doesn't matter where I am or what I'm doing. Just being and doing is what is important. It doesn't matter whether it's sitting alongside a whispering, babbling brook, listening to the*

*lapping waves on the shoreline, or watching the splendor and glory of the setting sun. Or, maybe it's the sliver of the waxing moon setting on a star-filled, warm-summer night while being serenaded by crickets and bellowing frogs. It makes me realize how blessed I am to be here on this earth, in this moment, so alive, so aware, so full of wonder.*

*Travel is like fireworks for the soul. It gives a boost to the spirit, space for the mind to breathe, and the gift of discovery for the inquisitive and curious. It takes you to new, never-seen, never-viewed, places that patiently awaits your arrival. It opens you up to new wonders and new experiences, with you choosing which of those you wish to expose yourself to. It offers the richness of new friends...even lovers...into your life.*

*I always come back grateful, invigorated, and yearning for more.*

~ GB

**T** ravel feeds your soul. It engages you in the present moment and keeps you centered in the now. It gets you out of your head—out of your past, or worrying about the future—into what is. Travel invigorates, energizes, and engages you. It doesn't necessarily matter where you go or what you see. It's purpose is to enliven, recharge, and expose you to the constant change that occurs around you. It sharpens your senses, centers you, and sparks awareness of your surroundings.

Travel is a journey into the new and unfamiliar. It serves up the opportunity to experience extraordinary destinations and cross paths with interesting people, unusual foods, intriguing cultures, and living conditions unlike your own. There is no sameness to travel. There is only the constant ever-changing, immediate moment.

Traveling can be habit-forming, always whetting your appetite for more. Experiencing the spectacle of jaw-dropping canyons, powerful oceans, and dynamic mountain ranges floods the memory banks with joy. Witnessing what man's imagination has created—eye-catching bridges, extraordinary cities, and spectacular works of art—can take your breath away. Our wondrous earth and it's resourceful people is inspiring, humbling, and full of remarkable beauty.

## **Travel Broadens Your Perspective**

Travel broadens your vision and appreciation of what exists *beyond* your commute to work, your back door, and the city you live in. You may have negative assumptions and judgements about certain parts of the world, but until you actually go there and experience for yourself, those assumptions are just that—*assumptions*.

You will recognize that people around the world are essentially the same: they put their pants on one leg at a time, they enjoy each other's company around meals, and they're insatiably curious and inventive. And yet, each one of the several billion that inhabit this Earth has had their own unique experience with life that is solely their own. Their perspectives, life-stories, and beliefs are totally different than yours or mine.

They may do things differently and see things differently than what you or I may be accustomed to. They each have a separate point of view, and that point of view is absolutely correct to them, just as yours is to you. Only travel and interaction with others fully opens you up to understanding alternative perspectives. These type of experiences open the doors and plant the seeds of *compassion* in your soul.

Things you take for granted like clean water and electricity are uncommon luxuries in many parts of the world. When you travel you measure your problems, as seen through the eyes of others, in a totally new way. Often, your everyday problems seem silly and trivial when viewed through the eyes of perspective.

## **Travel Challenges You**

Travel challenges you to engage in activities you would otherwise miss out on: hopping from boulder to boulder to cross a stream; hiking-up to the summit of a ridge or mountain to see the amazing view; or wandering open-eyed and curious through the quaint streets of an old historical village of past years.

Perhaps it's getting up the nerve to try an unusual native dish (guinea pig, anyone?), finding that hidden-gem of a local craftsman's shop that few people know about, or howling at the full-moon as it rises above the Grand Canyon when no one is around.

When traveling, your emotions and senses become heightened. You smell, hear and see things you wouldn't normally notice at home because you're naturally alert and attentive. You naturally become curious to learn more about the places you're visiting: their history, culture, customs, and points of interest. If overseas, you may experience anxiety about simple day-to-day things such as requesting the lunch tab, asking for directions, or finding the nearest restroom.

Having little choice, you overcome your natural discomfort and risk requesting what you need. You learn and grow by asking questions, being resourceful, and extending yourself courageously when needed. Overcoming any personal anxieties or apprehensions becomes imperative rather than optional.

### **Travel Encourages Wonder and Appreciation**

I remember as a child spending hours reading the Guinness Book of World Records. Without fail, I would always check-out the greatest extremes of the world: the tallest waterfalls; the most venomous reptile; the longest species of snake; the deepest oceans; the coldest recorded temperatures ever recorded...pretty much anything that had to do with the earth. I fantasized someday of seeing and visiting as many of these places as possible.

To this day I still remember reveling and rejoicing the first time I dipped my toes in the mighty Pacific Ocean, the deepest ocean in the world! Seeing the incredible, massive Sequoia trees of California, the largest trees in the world, left me full of wonder. Experiencing the Grand Canyon of Arizona for the very first time left me with the desire to know more about how it was formed. I can only imagine what the initial reaction of the first man who stumbled upon it must of been...

*HOLY-SHIT! LOOK AT THAT! HOW THE HELL AM I EVER GOING TO CROSS THIS SON-OF-A-BITCH?*

The child within comes alive when traveling...that wondrous, curious, inquisitive child that loves to see, experience, and explore.

## **Travel Offers Hands-On, Life-Changing Experiences**

Travel changes your life. How would you be changed by witnessing the Wildebeest migration in Africa, the largest animal migration in the world? How would you explain the thundering sound, the ceaseless march, and the overwhelming gratitude for being to experience such a sight?

Or, how about hiking in the deep, lush woods of Maine, mesmerized by the sound of drizzling rain peppering the myriads of leaves surrounding you, while, at the same time, being serenaded and hypnotized by a group of Hermit Thrushes vocalizing their serene, haunting, flute-like melody?

Or, how about kayaking at night on the foremost world-renown bioluminescent bay in the world, where every movement of water around your boat and dip of the paddle explodes in phosphorescent light not unlike what a fantasy Disney movie might portray? Imagine veins of bioluminescence streaming down your arm like scurrying cockroaches when releasing cupped water from your out-stretched hand.

Experiences like these cannot be found at home. They are life-changing. They change you forever.

## **H**Health

*“Happiness lies, first of all, in health.”*

~ George William Curtis

**Health Synonyms: physical and mental wellness, bloom, energy, fitness, good condition, hardiness, robustness, stamina, state, strength, tone, vigor, well-being, top form, wholeness, sound, hearty, appearance, trim, exhilaration, relaxation, high spirits, bliss**

*“Exercising sucks!” I’ve heard my dear friend say this many times before. As proof, she offers: “How many joggers do you see running with a smile on their face?”*

*She has a point. I must admit I don't see many. But, as a lifelong exerciser, I know that the smile inevitably comes once the exercising is done. My entire body smiles—a tired but satisfied smile—with a feeling of well-being. The body has oxygenated itself; the entire system has done what it is meant to do, and now the mind, body and soul are clear, relaxed and happy. This is how a body smiles.*

~ G. B.

**T**he Merriam-Webster Dictionary defines health as:

*“The level of functional or metabolic efficiency of a living being. It is the general condition of a person's mind and body, usually meaning freedom from illness or pain.”*

In essence this is saying that health equates to your ability to move freely, breath easily, and sweat profusely. Your body is essentially a factory, one that generates it's own energy and power to keep the lights-on. It's your ability to consistently create this energy, and adjust the level of output at will, that determines how healthy you are.

If you can work (sweat, perspire, and move with minimal pain), use your body (bend, stretch, flex, lift, squat, and twist), and have a reasonable amount of energy left over (endurance, stamina, and vitality), you are living a healthy life.

To keep yourself healthy you need to keep the moving parts well-oiled and supply your body with the best possible fuel to keep it running smoothly and efficiently. Sugar-laden soft drinks and crappy fast-foods ain't gonna cut it folks. It's that simple!

So tell me...why is the US the most overweight, obese, and out-of-shape country in the world? Have we dumbed-out? Are we hearing, but not truly understanding, how these foods and drinks are slowly killing us? Are we just choosing to ignore this information? Are we letting the message in one ear and out the other?

Are we blindly following the leads of others, willingly letting others make our choices for us? Or, perhaps we're doing just what the corporate marketers and advertisers want us to do:

NOTHING

...except for spending money. Are we innocently trusting that these profit driven corporations have our best interest in mind? Well, unless you're at Whole Foods everyday spending a bundle to get one of their fabulous salads, you're probably buying things that aren't as good for you, but you're saving a dime in the process.

Let me give you some quick pointers: Spend 75% of your time in the produce and fruit sections of the grocery store. Period. That's where you need to be shopping. Ignore the soda pop, ice-cream, processed and boxed foods sections like the plague. Greatly reduce the time spent in the meat department, staying away from reds, and using moderation with the whites. Shun processed sugar, and stay away from all sugary foods and drinks except for the natural sugars found in fruit and honey.

Do the best you can.

Avoid cream soups, don't buy cow's milk and use brown rice. There you go. Start with these. We'll further refine the list as time goes on.

Just remember: Shame comes to all those buying sugary products, and the devil himself will drag you to the depths of hell for buying donuts and cake. If you must, take an occasional bite of someone else's sweets to satisfy your curiosity, even two, but stop there. STOP! Sweets are addictive, just like cocaine. So heed the good advice your mother dished-out when she said, "*don't play with crack!*" And she didn't mean your butt!

I guarantee if you create the habit of mixing up your movement types (gotta keep it fun!) and commit to doing *something* every day (commit to everyday, but no less than 5 days per week), you will lessen your chances of having to deal with illness and pain by 80%! Yeah...it's that effective. And you know what, the mind and head will take care of itself all on it's own once you do this. It will vibrate at a higher level from increased blood flow, greater energy generation, and focused awareness. Those are 3 damn good things to have more of!

Yeah... I can hear you already: *At my age?... Are your kidding?, No friggin way!*

You know something? We all have so many stories and reasons why we don't do the shit we know we should do. And you know something else? We're all damn tired of hearing them! *Do something!* I don't care if it's walking to the mailbox each day, timing the round-trip, and seeing if you can beat it tomorrow. *That's something!* Bend and touch your toes, hold the stretch, while breathing and relaxing into it—*that's something!* No one wants to hear your excuses, so stop it. I'm here to help you *thrive*, and getting off your ass in whatever way YOU choose is the only commitment I'm asking from you.

**DO SOMETHING EVERY DAY!**

**PLEASE** understand that without your health you will not be able to enjoy and experience life to the fullest!

And that will be sad. Because you'll never know how sweet it could of been. You'll never know what else you missed out on. And, you'll never have the opportunity to change your grandchildren's perception of what getting old looks like. They'll just see some worn-down, fat-bellied, inflexible body that they too can figure on adopting some day. Screw that! Instead, show them how wonderfully exciting, creative, and freeing aging can be!

So once again, stop your complaining and moaning. Stop with the bitching. Nobody wants to hear about it. Stop with the lame excuses. Start moving yourself towards good health.

*Thrive baby...thrive!*

Tips:

- Find ways to *motivate* and *inspire* yourself to work out. Find a partner if you can. If not, plug the earphones in and listen to some get-up-and-go music you like. Do whatever it takes to get your butt outside or bouncing and stretching on the carpet.
- Moving more and eating less (and healthier!) is how you loose weight. It's that straight-forward. There will be a time period when you think your



stomach is growling, hungry, and wanting food. Ignore it. It's only your stomach muscles starting to contract and tighten up. Get used to it...that's a good sign. Soon you'll be naturally eating less and feeling stronger.

- There's a lot of crap out there guaranteeing weight loss, increased energy, and instant success if you do this and/or buy that: take this pill; buy this machine; dedicate this much time; etc. It's all crap. All you need is the *habit* of bringing good health into your life. *Keep that generator working smoothly and efficiently!*
- Create your own list of movement activities that you think will work best for you. For optimal results, choose activities from the following 3 categories of workouts. Mix them up. If you have something else you'd like to add to the list, go for it:
  - **Aerobic:** running, walking, swimming, cross-country skiing, snowshoeing, cycling, sprinting, bicycling
  - **Strength:** weight training, martial arts, floor exercises, calisthenics, push-ups, chin-ups, dips
  - **Flexibility and balance:** pilates, yoga, dance, martial arts, tennis, stretching, balancing
- Drink water. This should be your go-to drink of choice throughout the day. Don't buy your water. The water out of your faucet is just fine. If you're from Flint, MI that may not be the case. If so, try buying those 5 gallon exchangeable bottles that fit on a dispenser in your home. If you have to, buy the 2.5 gallon jugs at the grocery store. Stay away from bottled water in smaller plastic containers. Do your part to avoid polluting the planet.
- Good health needs to be a habit. That is what you should strive for...*the habit!* Morning activities near the same time every day will give you the greatest chance of achieving success. Get it out of the way first thing... you'll eventually get used to it and soon will be actually looking forwards to it!
- Speaking of habits...exercising should be something you do throughout the day. Spread your legs and touch the ground when stationary. Experiment with doing isometrics between a doorway, pushing your downward flattened hands against the jams. When going to bed, bring one leg up and cross over-it with your body as you bring your head to the mattress. Relax and breathe into the stretch. Switch legs and do it again. Do push-ups when alone in your house or office. Hold a yoga move, such as upward and downward facing dogs. There's always *something* you can do whether your sitting on the floor watching television (stretches), sitting in a chair (trunk twist), driving your car (hand-grips or

steering wheel isometrics), or going for a walk (try one short sprint; make it two the next time). The point is that exercise needs not only be a habit, but also a *lifestyle! Go for it baby...this is who you are!*

- Have fun. For me, that means mixing things up by having *variety*. Doing the same thing everyday gets boring and monotonous, and ignores so many other parts of your body. Get crazy and be unconventional. Stretch and twist in non-traditional ways that seem odd but may mimic moves you may have to perform like lifting a suitcase from the ground onto the airport shuttle bus luggage shelves. Try hop-scotching on your toes during your walk. Mix in with some deep-knee forward bends. Do some leg-lifts and push-ups on the park picnic table. Make it fun!

Unfortunately, there will be one huge obstacle that must be overcome and conquered in order for you to have any success:

## **YOU!**

Your head will be your greatest obstacle to creating a habit and lifestyle of good health for yourself. Here's a couple of tidbits:

1. First, **forgive** yourself. Forgive yourself for letting yourself get fat and out-of-shape in the first place. Hey...life happens. We eat crap we know we shouldn't, ignore good advice, and think we're immune or invincible from bad shit happening to us. Also, we've learned to sit more than stand. We all do it too much. Balance it out by getting up every 50 minutes from sitting and then move 10 minutes with purpose. Step outside and stretch your legs while checking out the night sky. Bounce in place and stretch your arms. Do anything that feels good. Breathe! You've worked your ass off your whole life while sitting in a chair. Now it's time to *move!* Sure, you may think you *deserve* to sit for awhile and do absolutely nothing because that's what you want. *Forgive yourself* for your short-sightedness and stupidity. We've all been-there and done that, so don't beat yourself up too much. You did what you did, and it really doesn't matter whether it was your best self acting out or not. Today is a new day. Stay in the present and start making new, smarter, and healthier choices *now!*
2. Secondly, you need to have **patience**. This is a tough one for many people. Some of you are overachievers with lots of gung-ho and determination to not waste time and get shit done right-away. So you jump right out there, ready to kick-ass and tackle the challenge. You

push yourself to excel and achieve. *“By damn, I should be able to do this,”* you say, and you end up getting your ass handed to you on a platter. Next thing you know you have to take four days to two weeks off to recuperate, you’re bummed, and you decide exercising is not for you. **Remember this:** *You’ve got to start-out slow!* Pick some easy, doable activities to begin with! Reacquaint yourself with some light stretching and bending. Do an easy walk or floor exercise...only 5 minutes today, but longer tomorrow. This is the best way to start exercising if you haven’t been very active in the past. **DON’T PUSH YOURSELF!** Forget about hiking the Appalachian Trail or the upcoming Senior Olympic Games...at least for now. Your head and body doesn’t need this abuse. The last thing you want to have happen is that you stop exercising, lose your motivation, and begin gaining weight while losing muscle tone.

### **Here’s your 30-day Challenge:**

My challenge to you is to take a 30-day test drive of healthy habits. It’s challenging, but the result will be nothing short of miraculous. Build up to:

- performing 20-30 minutes of continuous movement every day for 30 days.
- Eat only healthy foods and only drink water during this time period. Aim to drink 1/2 your body weight in ounces every day. Drink 16-20 ounces 1/2 hour before every meal. It will help you feel satisfied and less prone to overeating.
- Commit to what you believe you can comfortably do. Don’t be half-ass about it. If you commit, then do it! You gotta be able to follow through on what you say you’re going to commit to. Be a doer, not a dabbler! It’s a matter of being and living with integrity!

Give it a real, committed, 100% effort for just 30 days. After the 30 days are up you can go back to your old habits. But I don’t think you will.

The goal is to establish a new habit. Once you do, it’s a no-brainer to continue. It will become a part of who you are. You’ll start feeling great again, take years off of your appearance, and give you mental clarity. You’ll feel increased energy and stamina. And the best part is you’ll start liking yourself again.

# Risk

**Risk Synonyms: chance taken, exposure, gamble, opportunity, plunge, possibility, prospect, venture, wager, danger, difficulty, speculation, uncertainty, trust, wager, challenge, confront, dare, defy, go through, take on, step up, stand up to**

It is said that there are three types of people in the world: those who let things happen, those who make things happen, and those who wonder what happened.

Those who make things happen, take risks.

If you're going to create anything meaningful in your life you need to take risks. That scares the hell out of most people.

Many of us associate risk with fear of loss. Some believe that all risk is bad—something to be avoided at all costs.

These beliefs keep us small and fearful, confined and caged. As a result, we continue living the way we always have, becoming creatures of habit, living in routine and predictability. It becomes who we are, what we've always done, and whom we imagine ourselves to always be.

*So it must be right!*

Those who live in this false illusion of safety and security become people who *let* life happen to them. They believe they have little or no control over their lives, with outside forces collaborating over and controlling their lives.

But trust me, the day will come—between now and the end of your days—when you will pause and reflect deeply on your time spent here on earth. It will be in those moments that truth will speak to you from the depths of your soul. And that truth will reveal itself with the realization that you've let *fear* control your life, and that you've never risked being courageous enough to

listen, believe, and follow your own inner voice. It is then that you will wonder *what* happened to your life.

## **What's Next?**

You're going to die. Averages say it won't happen until you're about 80. There's a 50-50 chance that you'll croak by then. A 50-50 chance isn't too bad if you don't mind betting your life on the flip of a coin in the air.

Most people will not change their lives in any significant way to better their odds. They'll believe they're too old, too set in their ways, too useless, or utterly hopeless. And some of you just don't want to change because of being pig-headed, inflexible, crotchety, and stubborn. If this is you, just don't be surprised when that terrible, excruciating pain in your chest takes you down for the count. Enjoy the moment, for by-God you've earned it!

Change isn't easy. It pushes you, tests you, and challenges you. But remember, challenging yourself will keep you young and vibrant. It will give you reason and purpose to get up every day, be grateful for your life, and wear a smile.

Those of you who *make* things happen will live longer, healthier, and wiser lives. This is because they know they are in control of their lives, pursue fulfilling avenues of challenge and growth, and believe they are guided and blessed by the Creator with a higher mission and purpose.

And what may that purpose be? Life-enhancing change (that's the kind we want, right?) pushes you to risk getting totally honest with yourself and asking the powers that be why you're here, what is it you're meant to do, and why it must be you.

*Listen to this voice...*

Will you be one of the few to fully risk engaging in life?

As mentioned prior, our active, productive years have been extended. Not so long ago a 65 year old was worn out, resigned, and ready to die, living on average 6 years post retirement. But with today's wellness improvements, knowledge of healthy living, and more active lifestyles, the quality and quantity of our lives has improved. Many people at 65 are still

very active, using their time to travel, explore new interests, and experience new freedoms on all levels of being.

Will you *risk* being one of them?

Like the butterfly, we go through different stages of life. And, like the butterfly, the best part comes towards the end. This is when we can free ourselves from the confines of our tightly bound cocoons, emerge, and open ourselves up for all life to see. This is when we dare risking and displaying our beauty, magnificence, and grandeur—and set ourselves free!

But, just like the butterfly, this doesn't come without incredible effort and struggle.

Are you willing to risk doing this with your life? Would it be worth the risk? Are you willing to trust and listen to your own voice, your own internal compass?

Only those of you bold and courageous will listen to that voice and follow it. Most will quickly dismiss it.

## **Good Risk**

Creating your ideal life means taking good positive risks.

Risk, though often used synonymously with the probability of failure or loss, is not always negative. *If the experience itself is positive, it's a positive risk regardless of the outcome. If the rewards of taking a risk are worth taking the chance, it's a positive risk.*

A positive risk is, in a word, an *opportunity*.

You have wisdom, experience, presence, and respectability at this age. You know how the world operates and how important love is. You also know within that things need to change. We are not leaving a healthy, self-sustaining, and vibrant earth to our children's children and beyond. We know many things are broke and are in need of fixing. Both you and I must risk doing our parts to change that.

We must risk making a difference on this earth and in other people's lives. This desire to have a positive effect grows with age. Heed it.

You have a purpose. Listen to what your heart is telling you and risk stepping in that direction—everyday—for the rest of your life! How can you make the world a better place? How can you help others rise to their greatness. What can you do to rise to yours?

Eckhart Tolle, in his book *A New Earth: Awakening To Your Life's Purpose*, defines our life purpose and success as follows:

*“Your life has an inner and an outer purpose.  
Inner purpose concerns Being, and is primary.  
Outer purpose concerns doing, and is secondary.  
Your inner purpose is to awaken.  
This is the purpose of humanity.  
Your outer purpose can change over time.  
Finding and living in alignment with the inner purpose is the  
foundation for fulfilling your outer purpose.  
It is the basis for true success.”*

Let go of any preconditioned ideas of what retirement is about and choose to view these upcoming years as an *opportunity* to finally listen and grow into your own unique voice and person.

Rekindle your dreams. There is still time to be what you might have been!

## **Five Good Risks**

Here are five good risks to take in life:

**1. Risk taking full responsibility for your life.** You alone are responsible for who and where you are today because of the decisions you have made in your past. Bless your past and make amends with it. No matter how hard we may try, we cannot change it. Accept it. It has created the wonderful, resourceful being that you are today. It's time to move on. Now you can begin making consciously directed decisions towards becoming the person you wish to be. Believe in yourself and your own unique path.

**2. Risk being seen in all your glory.** Risk discovering, developing and sharing your own unique gifts, voice, and passions with the world. Embrace yourself, warts and all! There has never in the history of earth ever been another being just like you! You are an important piece of the puzzle. Make your piece count!

**3. Risk focusing on what is great in your life.** Focus on what's great in your life. Forgive yourself for your faults and perceived shortcomings. What you focus on expands. Focus on what's great, and more great things will come your way. This is the law of reciprocity.

**4. Risk believing that anything is possible.** Science nor religion yet understands how the miracle of creation works. Risk believing, visualizing, and trusting in the universal intelligence of Creation. Be open to all thoughts, feelings, and intuitive inspirations that come your way. Your heart knows.

**5. Risk believing that you cannot fail.** You cannot fail. Please understand this. Life is about change and growth. Regardless of your decision to consciously direct, or not direct, your life, you will still learn and grow. Awakening to your inner purpose happens on the journey of life, one step at a time.

## **I**magination

*“Imagination is more important than knowledge.  
For knowledge is limited to all we now know and understand,  
while imagination embraces the entire world,  
and all there ever will be to know and understand.”  
~ Albert Einstein*

**Imagination Synonyms: power to create in one's mind, conception, creation, idea, image, insight, inspiration, intelligence, invention, resourcefulness, vision, ingenuity, perception, originality, notion**



**I**magination is the seed of creation. Whatever exists in your physical reality first exists as an idea in your imagination. What you think about, comes about. All the plans and goals you have for your life are first born in your imagination. The more thought, clarity, and emotional energy you give these visualizations, the closer you move towards an existence that is in alignment with those pictures. This is how your imagination creates your reality!

Think of your imagination as your own personal magic genie, one that has the ability to grant you the wishes you desire. Paint these pictures with the secret sauce of emotions and feelings, then enhance with your senses of touch, feel, smell, taste and sight, and you're on your way to creating your envisioned world. See what you want in detail, scaling down to discern textures, colors, sizes, and movement. Smell the scents, taste the air, and touch your imagined surroundings. These will impregnate your visualizations with real-world substance.

See yourself living the life you desire. Step into those shoes of who you wish to be. And, when you fall in love with that vision and start taking action, you'll be astonished at how easily things will begin to fall in place. You'll be guided to take inspired action. You'll find yourself in the right place at the right time, talking to the right people. Serendipitous happenings will begin to occur. Pay attention to these signs. Heed them. They are coming to you wrapped in the blessings you asked for.

Think of imagination as the headlights of your mind, setting out to forge and bond the avenues and paths you choose to follow. To make it real you must experience and feel the sensation of already possessing your desire before you can attract it into your life.

Remember, imagination is not about your eyes, but rather your mind. The vision you have creates vibrational frequencies throughout your body that will attract other like frequencies, not unlike a tuning fork brought next to another. Both will start vibrating magically as one, drawing upon the energy and vibrational frequencies of the other, intensifying themselves in the process. Similarly, you will begin attracting circumstances and people towards you who will help make your dreams and visions come true.

Think of your mind as both a broadcasting station—sending your desires and visions out to the intelligent universal consciousness—as well as a receiving station—gathering the insight and guidance to physically manifest those visions. What you want wants you, so open yourself up to magnetizing and receiving that which is rushing to meet you.

The only limitations that exist are those that you have constructed in your mind. Use your imagination to blow out those walls that hold you hostage. Allow yourself to experience the miracle of conscious creation!

Clarity is essential, but be flexible. Want what you want, but don't become too attached to how it will be delivered. As mentioned above, watch for the signs. Pay attention to them. Be curious and open to what comes your way without judgement or critique. Imagine and visualize the “big” picture. Once you do this, and start stepping towards that direction, the next steps will reveal themselves when you're ready. Be patient with yourself *and* with the process.

Your imagination is the garden where you plant the seeds of desire, water it with mental images, and fertilize it with positive emotions and feelings. Without a strong vision and powerful emotions, your brain won't perceive your imaginings as important—they will continue to remain daydreams and wishes.

*“Imagination is everything. It is the preview of life's coming attractions.”  
~ Albert Einstein*

What causes things to move? Energy. It doesn't matter if that energy is electricity, water, physical labor, horsepower, food, gasoline or emotions. There has to be some active force that causes things to move.

How do you know if your emotions are strong enough to make things “move?” If you detect a hormonal-like buzz of vibrational energy coursing through out your body and mind, you are making things move. If you find yourself deeply grounded in gratitude and belief that your visions will come forth, you are making things move. If you begin taking and visualizing yourself in action, you are making things move. Once these elements are present you'll discover your whole world will begin to change rapidly!

Remember that anything ever created began as an idea in someone's imagination. Don't belittle your ideas by thinking they're impossible. Nothing is impossible except that which you decide is impossible.

Using your imagination as a tool takes self-mastery. And, as with anything, you must allow yourself time to create this habit (30 days). Use it as a tool, directing it towards the attainment of your visions, goals, and objectives.

## Vibrancy

*"If you want to know the secrets of the universe, think in terms of energy, frequency and vibration." ~ Nikola Tesla.*

**Vibrant Synonyms: vigorous, energetic, dynamic, lively, active, spirited, enthusiastic, excited, passionate, elated, full of life, colorful, vivacious, alive, aglow, alert, electrifying, animated**

**Y**our vibrancy is your essence...it's who you are. It's that which you radiate outwards to the world through thought, feeling, and desire. Your vibrancy is a culmination of how you feel, act, and behave in your core...in your soul. Your vibrancy is a measure of how heart-led your life is...a measure of the appreciation, gratitude, love, and joy that you carry with you. A high vibrancy makes your body tingle, puts a smile upon your face, and is the source of that sparkle in your eyes. A low vibrancy exist in fear, greed, and judgement. Your vibrancy is your life energy expressed!

Your vibrational rate can vary throughout the day and even by the moment. It shifts as your thoughts change and as your emotions and feelings shift. It changes by the meaning you choose to give events that happen to you. For example, asking and believing that *"Life is tough!"*; *"What's wrong with me?"*; *"Why can't I have \_\_\_ like others do?"*; or, *"That son-of-a-bitch cut me off!"*, tends to lower vibrational rates more so than thoughts and feelings such as *"I am blessed!"*; *"I'm such a lucky person!"*; *"What can I learn from this?"*; or, *"I love my life!"*

As you might suspect, higher vibrations carry greater amounts of energy and brightness than lower ones. When you consider, as Albert Einstein

declared, that *everything is energy*, then this should give you some hint as to why your *vibrancy* is so important to thriving!

Are you a pessimist or an optimist? Does life seem wonderful and grand, or like a struggle to just keep your head above water? As a rule, are you grateful, or do you find yourself living a life of expectations? Do you get impatient when things don't go as planned, letting yourself get anxious, short-tempered, or pissed off? Do you find yourself constantly comparing, sizing-up, and judging others when things suck? Or, do you take life in stride, knowing that everything is happening just as it's meant to? Are you grateful, appreciating both the good times and the challenging ones alike?

It's the typical "*Is the cup half-full or half-empty?*" syndrome. It's your view and perception that determines your overall base vibrancy level. Of course, we all experience varied levels throughout the day and from situation to situation. We all have occasional moments of anger, mistrust, suspicion, or selfishness. We all experience moments when we are feeling down and depressed. But it's *how long you choose to stay there* that determines your "altitude" and overall vibrational frequency.

Feeling good feels good for a reason. It's because you're vibrating at a higher, healthier level. Exercising and getting outside for a walk results in higher vibrational levels than sitting mesmerized in front of a television, totally dulled-out, absorbed in meaningless, addictive chatter and images.

When you're able, close your eyes. Let yourself relax. Breathe deep, even, rhythmic breaths, inhaling through your nose and exhaling through your mouth. When breathing in, hold your breath for a moment, and then exhale. Let the exhale be 2-3 times as long as your inhale. Repeat this twenty times, allowing yourself to experience peace throughout your body.

Now, still with eyes closed, focus in on your heart. Send and give thanks to it for granting you the gift of life, for keeping you alive for all these years, for working so hard to grace you with so many wonderful life experiences! Feel it's strength. Feel its power and radiance. Feel this dynamic energy, *your life energy*, course throughout every cell in your body.

Continue to let this life energy force build. Turn up it's volume and feeling. Let it build and overflow, beyond your cells, beyond your skin, and beyond your body out into the world around you. Feel it's energy, it's presence, and

it's strength. *This is your vibrational energy being consciously directed outwards!*

Simply put, the lousier you feel about yourself—shame, guilt, or hopelessness—the more it will bring your vibrational level down. The more joy and enlightenment you feel—love, hope, and gratitude—the higher your vibrational level will be. Feeling grateful and blessed equates to a healthier, more vibrant life. Look into a person's eyes—the windows to their internal world—and you will sense the core vibrational level of that being.

HeartMath.org, an institute whose studies explore the physiological mechanisms by which the heart and brain communicate, has documented that the heart emits an energy field approximating 10 feet in circumference around each person. Studies show that this radiant magnetic field can, and will, affect and influence other people within its range with our perceptions, emotions, intuition and health! We've all experienced that happy, joyful person whose radiance affects our own moods just as we've all experienced that depressed, sulking, angry person that brings us down. If we allow ourselves, we can intuitively sense a person's current vibrational frequency just by being near them!

The heart is the access door to living a more balanced, creative, and passionate life. It's a never-ending fountain of wisdom, intelligence, and intuition that we can call upon to help guide us through life. It's your inner connection to the soul of all life on this living planet as well as our direct-line of consciousness to Creation.

Quantum physicists know that all physical atoms are made up of vortices of energy that are constantly spinning and vibrating, each radiating its own unique energy signature. We too are beings of energy and vibration, each radiating our own unique energy signature as well. This is fact, a fact that quantum physics has proven over and over again. We live in an ocean of motion...an ocean of energy and vibration.

The thoughts we think send out a certain vibrational frequency. The Law of Attraction states that we attract that which we are sending out. Put another way, like attracts like, what you focus upon grows, and you get back what you send out.

*“If quantum mechanics hasn’t profoundly shocked you, you haven’t understood it yet. Everything we call real is made of things that cannot be regarded as real.” – Niels Bohr*

Positive energies attract positive and negative energies attract negative. It’s that simple. With this in mind, the important thing to remember is that what you put your attention towards will grow. If you focus on what’s *right* in your life rather than what isn’t, you will draw more of that energy into your life. *Find what’s great, or can be great, about everything that happens to you in life.* Envision what life can be, not what it isn’t. See the positive in everything, even if it isn’t readily apparent at the moment. Sometimes the answers lie wrapped in the future. Only then can you look back and understand how all the “dots” connected and were a necessary step in your progress!

When we truly understand the intelligence and capability of our vibrational energy, and learn how to enhance and direct our thoughts, feelings, emotions, and beliefs towards those of higher worldly and humane endeavors, we will truly begin to change ourselves and change the world around us. Once that begins, we will discover and draw others with similar vibrational frequencies and energies towards us.

If we elect to be unaware and oblivious of our unlimited, powerful selves, and choose instead to blame, feel victimized, and powerless, we will then live lives based in fear, negativity, distrust, and darkness. Our vibrational frequencies will be dense and clouded. We will then find ourselves drawing other similar people and situations into our lives, building and reinforcing these core thoughts and beliefs we have of the world around us.

The choice is yours. You alone are responsible for what vibrational energy levels you choose to express in life. You alone are responsible for your energetic vibrational output and the meaning you give to each life experience. Our outer reality is truly a reflection of our inner vibrational state!

# Enrichment

*You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.*  
~Woodrow Wilson

**Enrichment Synonyms: better, cultivate, develop, enhance, improve, endow, enlighten, improve, uplift, empower, donate, provide, beautify, embellish, contribute**

*I hadn't ever been much of a "giver" in my past. I believed that as I got older, had more time, and more money, that that would change. So it was with trepidation that I decided to open my restaurant on Thanksgiving Day—one of only 3 days all year that we were closed—to the homeless and serve a full, sit down turkey dinner with all the fixings and pies to boot.*

*I'll admit, my motives were somewhat selfish. I thought it would be recognized as a good-will endeavor by the local community, plus the restaurant would receive some free publicity from the various media sources when the lists of Thanksgiving activities and restaurants serving the area were mentioned.*

*Reluctantly, I moved forward with the plans, while secretly admitting that I would rather just have a day off to rest and relax before the craziness of Black Friday began, the busiest shopping day of the year.*

*I was concerned about finding enough help to man all stations. For one, it would be voluntary, and secondly, they too needed a much-deserved rest before the busy days ahead arrived.*

*I hung a note on the bulletin board asking for volunteers to sign up to work. Surprisingly, a number of "do-gooders" did right away. That made me feel better, knowing that my wife and I wouldn't be the only ones there that day. By Thanksgiving Day I had enough staff to cover every position needed.*

*On top of that, I had received calls from strangers asking if they could come in to volunteer as well.*

*Food was donated, help was abundant, and the turnout of those in need was significant. I initially took my place in the pass-through window position of the kitchen, inspecting every dish that went out, assuring that it met the standards we wanted to convey to our guests. It wasn't until later, when a guest asked to see the manager, that I ventured out front to see the many wonderful people seated, enjoying the dinners we had provided.*

*As I approached the table, I could see that it was a family of four, with children aged about six and eight years old, awaiting my arrival. They looked a bit disheveled in their appearance, but was obvious at the same time they had worn their "Sunday best" clothes. As I arrived, I gathered up the empty pumpkin pie plates and introduced myself as the manager. Upon doing so, the most lovely heartfelt smile appeared on the face of the lady as she looked me squarely in the eyes and said "thank you, thank you so much, you have no idea how much this helps us out." The look of appreciation was in everyone's eyes, so much that I didn't know what to say. I finally replied, sincerely, "You're welcome...I'm so glad we could help you out."*

*By the time I returned to the kitchen area, I had tears in my eyes. I excused myself and retreated to the solitude of my office, just making it before I sat down and cried. Never had I been so moved in my life though the act of helping others.*

*At that point I removed myself from the kitchen and personally thanked every guest for coming into our restaurant. I let them know that it was a privilege to serve them. And it was. It was so nice to see that this one small gesture on our parts could put a smile on someone's face and take away the pain of their situation for just one day.*

*From that point forward there wasn't a doubt whether we would open on future Thanksgiving Days. It became a tradition that went on for years and years. Besides, it wasn't just the guests that had received the blessings and gifts that were offered...it was all of us who took the time to be there and see the difference we were making".*

~ GB



**E**nriching other people's lives is an integral part of personal and global growth. It will lead to a healing of the world. It involves and requires us to put our best selves, our most powerful, authentic selves, forward.

Always.

Day after day.

Forever.

We must change the consciousness of the world. If we are to grow it must be towards love. Not hate.

And it must begin with ourselves.

Fear will not take us where we want to go. Neither will racism, bigotry, or revenge.

We know we cannot change the world alone. It will take all of us living our best selves to do so. As a whole, we are only as strong as the weakest link. It will take all of us, working together towards a common purpose, to make this happen. And how do we begin to forge this chain? How do we strengthen and bond those links?

By enriching the lives of others.

And we will find once we begin doing this, our own inner lives will be transformed as well.

Enriching the lives of others is not something you do in hopes of receiving something in return. It is not about ego or expectations. Nor is it about power, fortune, or fame.

It is about genuinely, openly, and honestly helping others to get what they want and need in their lives. It's about extending your hand out to others, doing whatever we can do to add value, strength, courage, and awareness to their lives.

Enriching others involves seeing the best in everyone we meet. It's about forgiveness, hope, and inspiration. It encompasses and incorporates focusing on what's great, or can be great, in any situation. It's about curiosity, wonder, and discovery about yourself and others. It's about challenging yourself to try new things you've never done, like extending yourself out to others to help them find their way.

It's about growth. It's about love. And, it's about letting go of that which you do not yet totally understand over to the Universe, and trusting that it will do what is right and needed. It's about knowing there is a bigger plan, not yet apparent, that is taking place. Let God handle that part. What we don't understand today may be perfectly clear tomorrow.

There is a plan. We are all a part of it. We each have our roles to play. Our challenge is to bring these roles into our conscious awareness, into the light, for the world to see. We need to stop playing small. We need to stop living in our pasts and, instead, bless it for making us into the person we are today, warts, strengths, and all. It's about accepting ourselves for who we are, giving thanks, and expressing gratitude for life itself—for the growth we have experienced along the way, and for the growth that is yet to come.

It's about asking ourselves what it is we wish to do with our lives, what we can do to enrich others lives, and asking God and the Universe to reveal to us the way we can do this.

Enriching lives is about giving back and sharing with others that which you already have. This may be your talents, wisdom, nurturance, care, love, and peace. It may be your ability to create money or teaching others what you already know. It may be your ability to work with numbers, to design, to create, to build, to lead, or to follow. We all have abilities and talents unique to ourselves. We all have our own unique fingerprint that's been stamped upon us. Some may appear better than others, but that's just an illusion.

They are just different.

Just as they are supposed to be.

We all are stamped with our own indelible style, our own creative flair, our own individual spontaneous style. We must learn to embrace, cherish, and love ourselves, and work towards helping others discover their gifts.

This is done by enriching other people's lives with yours. It involves looking beyond your own personal needs and desires and finding ways to help others with theirs.

*Helping others isn't a chore; it is one of the greatest gifts there is.  
~ Liya Kebede*

We all wish to live a life of meaning. Without meaning we feel incomplete, like we're living life with a void that cannot be sufficiently filled. We feel lost, sensing that nothing really matters or, worse, that we don't matter.

Brendon Burchard, in his bestselling book *The Charge*, comments:

*"At our deepest depths rises a drive to contribute. We want to know that we've given of ourselves and played a significant part in shaping the world around us. Our desires to add value, give to others, express ourselves, create unique things, and join groups and organizations are often all in hopes of making our mark on the world.*

*When we feel as though we're contributing to the world, we gain a profound sense of meaning and purpose. In fact, contribution itself is the source of meaning and purpose in our lives. If we've contributed something significant to the world, we feel that our time here was meaningful, that it mattered, that we're living a life of purpose."*

Enrich the lives of others with your energy, time, wisdom, and skills. Do it with your enthusiasm, money, resources, and connections. Perform it with your creativity, leadership, mentorship, attention, and compassion. Enriching others lives is central to creating the global conscious change this world so badly needs.

# Final Notes

*“Man’s main concern is not to gain pleasure or to avoid pain  
but rather to see a meaning in his life.”*  
~ Viktor Frankl

**T**he path to finding your authentic self will not always be easy or fun. There will be days when you will wonder, *“Is this is really worth it?”*, *“Do I really have a gift?”*, *“Is there something wrong with me?”*

To succeed you will need to tackle the greatest foe you will ever face in your life.

*Yourself.*

You will need to grapple with and address all the lies about yourself that you have believed to be true for so long. You will need to confront and do battle with your ego, that part of yourself who compares you to others, who judges, who blames, and who excels at playing victim. You will need to do battle with those thoughts that you’re better, or worse off, than others. You will have to struggle with those ingrained beliefs passed down from generations before you that adopted the concept that achieving wealth, power, and fame is everything—the path and means to all happiness—regardless of the outcomes it may impose upon others.

Thriving requires resolve and dedication towards creating change, not only in your life, but in the lives and awareness of others. It’s time to step-up and into your power. It’s time to give yourself permission to truly let your greatness flow forth and make a difference. It’s time to be your authentic self.

It is time to thrive.

Never in the history of the Universe has there ever been another person just like you. You are a very special gift to this world. Share it. Voice it. Live it.

Life is short. Life is magical. And this is *your* life.

Live it boldly, confidently, clearly, and vibrantly.

Live it in *travel*.

Live it in good *health*.

Live it by *risking* to be more.

Live it with *imagination* of what can be.

Live it by generating *vibrancy* in your life.

Live it by *enriching* the lives of others.

Go forth and *thrive* from this day forward my friends. NEVER give up.  
NEVER stop.

As Elizabeth Kübler-Ross states so wisely:

***“It is very important that you do only what you love to do.  
You may be poor, you may go hungry,  
you may live in a shabby place, but you will totally live.  
And at the end of your days,  
you will bless your life  
because you have done what you came here to do.”***

Yours in thriving,

Glenn Baja