

<p>FEELING OLD? Feeling “Over the Hill”? Asking yourself, “Where am I in life?”</p>
<p><i>Understanding</i> YOUR DECADE</p>
<p><i>HELPS YOU RELAX -- Where you are today!</i></p>

INTRODUCTION

- * How old were you 10 years ago? How will you be 10 years from now?
- * All planning starts with the phrase ... “*At this phase of life ...*”
- * Listen UP / listen IN!
- * Young ... listen to what may help **YOU** ... and what you can expect in the future.
- * Older ... listen to what may help **YOU** ... and what may help your children or grandchildren.

CHILDREN -- SECURITY

- Unconditional love – key to life confidence
- Love you / Proud of you
- Age 9 – Single most shaping year of life – comfort zones established

TEENS – SELF

- Don’t marry until you are at least 26-30 ... you are changing at a very rapid rate.
- Get all of your pre-marital counseling before you get engaged ...
not after you are engaged ... then it is too late to be objective!
- Decide if you are a goals setter (15%), problem solver (80%), opportunity seizer (5%).

20'S – SURVIVAL

- Relax ... no one is watching or expecting you to change the world in your 20's!
- This decade is a time for you to decide what you do not want to do!
- Commit to saving / investing ___% of your income.

30'S – SUCCESS

- Get a mentor ... and / or become one! Ideally, mentoring is a lifelong relationship in which a mentor helps a protégé to reach her / his God-given potential.
- Learn to balance your home and business schedule ... plan breaks a year in advance.
- Protect your 4th Graders ... this is the single most shaping year of her / his life.
Age 9 is where our comfort zones are established.

40'S – SIGNIFICANCE and STRUGGLE

- Define your “single greatest strength”.
Of all the things you do well, what do you do best?
- Lifework – what would you enjoy doing for the rest of your life?
- Understand this is a phase of life.

50'S – STRIDE

- You are half way to 100 ... feel “old” ... pay even more attention to your health.
- Become a Mentor. It is still wise to have a mentor as well.
- Make a list of your life milestones ... brings perspective to the discouraging times one

has.

60'S – STRATEGIC

- Your natural energy is decreasing and your strategic thinking is increasing!
- At 75 we are approximately as tired as our parents were at 65.
You have a lot of good years to go!
- Remember, your 60's is the decade of greatest income and influence.

70'S – SUCCESSION

- Keep your estate plan updated. Make sure you have the right Executor.
- Write out your memories and advice for the next 10 future generations of your family!
- Keep Mentoring – Significance!

80'S – SLIPPERY

- Friends and peers are having major health problems or are dying at a shocking rate
- Health is not predictable
- Often finances feel somewhat slippery

90's + – SLEEP

- “No one calls me ‘Minnie’ any more!”
- Don't want to die the way I saw my parents die
- Want to go to sleep and wake up in heaven ... be with my departed loved ones!

RELAX ... breathe in!