



5 ways to Live Smart After 50

Never have the challenges and opportunities of life been greater for men and women over 50. Yet once they cross that age threshold, many people don't know how to navigate paths — to new occupations, legal and financial security, well-being, reshaped relationships, creative fulfillment and real renewal.

“Finding a way through all the complexities to what's next — to work, play, love and legacies that are right for us — isn't easy. That's why we brought together 33 experts in life planning and positive aging: to provide necessary advice about planning how to get there that's clear, practical, and essential,” says Andrea Gallagher, President of Life Planning Network.

To give you a jump start, here are five tips from Life Planning Network's LIVE SMART AFTER 50! The Experts' Guide to Life Planning for Uncertain Times:

1. **Assess Yourself** — Reflect on your own life story, strengths and values. The better you understand yourself, the easier it will be to make effective progress to living smart. Take cues from your curiosity. Pay attention to what gets you out of bed in the morning. Write down ideas and short and long-term goals that ignite your imagination.
2. **Investigate and Communicate** — Peel back the layers of your interests and goals. Get information about the steps, time and resources you'll need to achieve them. Set aside time and space to talk with your life partner or others to sort things out. Be ready to listen to how others feel and what they want. Avoid blame. Remember, it's okay to disagree.
3. **Plan** — Narrow your goals and create a realistic plan for achieving them. Assess your financial needs accurately and figure out how you can meet your obligations while pursuing your goals. Determine if courses and certifications are needed. Create a timeline for completing them.
4. **Create Support** — Ask someone to support your change. Consider asking others outside your family. It's sometimes difficult for family to support change. Join groups that share your interest or ambition. Forming a personal “board of directors” is a useful strategy. Life planning professional may provide objectivity and support as you plan and implement.
5. **Exercise** — Develop a consistent exercise program. Nothing is important for your long-term health, well-being and self-image. Exercise will help you look and feel younger, fuel confidence, energize activities, improve thinking. If you haven't exercised for a while, get medical clearance, start slowly, set goals, and keep a record of workouts. Persistence is key.

A dynamic and empowering book, *LIVE SMART AFTER 50!* offers a roadmap for effectively tackling life's most important concerns, including work, finances, caregiving, relationships, health, creativity, spirituality and legacy—particularly in today's uncertain times. For more information visit, www.livesmartafter50.com .

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