



Transform Your Life

Ten strategies for living the next act of your life... so you can finally start living the life you deserve.

*"Change can happen at any time, but transition comes along when one chapter of your life is over, and another is waiting in the wings to make its entrance."
—William Bridges, author, The Way of Transition*

1. Feed the spirit

Successful, happy people have a spiritual practice. We've arrived at the age of knowing our spirit needs to be recharged to continue creating our legacy years.

What are the legacy years? They are from this moment on.

The best time to recharge your spirit is in the morning. Try 5 minutes of meditation or reflective time. Then, spend 5 minutes writing in your journal.

Studies show that the truly great women have implemented a spiritual practice that includes journaling as a key tool in creating well-being, wisdom, and success in the second act of life.

2. Surround yourself with supportive people

In nature, when a female elephant is sick or wounded, the other females form a circle around her. They protect her, nurture her, and watch over her until she is strong enough to stand on her own. This is how my circle is. When my son died, my divorce happened, and my husband passed away, they were all there, circling around me until I could stand on my own. Nurture your friendships and always honor the girl code of ethics. Be their trusted friend, be compassionate,

share your love, and most of all... share your appreciation for them. Make a phone call now and tell them how much they mean to you and then hang onto them for the rest of your life. They are your treasures.

3. Awaken your creativity and possibility

We feed our deep creative hunger by putting our talents and dreams into action for our future. If you have an inkling of what your life's purpose might be, it's time to actively pursue it. If not, go on the journey of discovery. Ask yourself:

- What am I great at doing?
- What do I consider my "talent" or expertise?
- What do other people think I'm good at doing?
- What do I love doing for hours and lose track of time?

4: Chaos opens you up to transition and re-organization

Embrace this chaotic time and consider the feeling of chaos as a stepping stone to your next stage of life. You're not broken or trapped; you're just about to discover the next step, the missing link, or the secret to taking reign over your own life. It's called resilience; it's the ability to bounce back.

5. Find symbols that give you strength and validation

Symbols have been used since man and woman were created. Eagles are symbols of courage. Doves represent peace. Roses are symbols of undying love and resilience. They are cut back every year in winter. They weather the snow and frost, yet they come back with glorious blooms each spring.

When I was going through a loss in my life, my therapist gave me a blue stone. She said, "Put this in your purse. Every time you start to feel afraid, touch the stone; it will remind you of your strength."

Find something that symbolizes you as the resilient rose, the courageous eagle, or the peaceful dove. It serves as a reminder of your strength.

6. Express your love every day

Research shows that a people's biggest regrets are the things they didn't say to those they loved. There's nothing more important than expressing love to your family, your children, or your partner. Give them the greatest gift by being fully present when you're with them. Learn how to have real conversations and look into their eyes. In that one step, you'll discover the essential key to a happy life... because *expressing love* is the greatest game changer of all. When we express love frequently and before it's too late, it bounces back to scoring a happy life.

7. Take command of your money story

I remember seeing the actor, Will Smith, interviewed by Oprah, and she asked if it felt good to be rich. He said he still falls asleep worrying about money. That's the pattern he learned from his parents. *Will Smith!* If *he* worries, then "worry" is really the enemy of our spirit. "Worry" is just fear at war with your faith. Never let career or money issues spoil an evening with your partner, ruin a day with your child, or interrupt your sleep at night. There's never an amount of money in the bank that will make you feel safe or happy, because a number doesn't have that power. What *will* give you security is, knowing your money story and how to strategically plan for your future. No longer will you have to guess about your credit score, your credit card debt, or which stocks are in your retirement fund. If you don't have a money plan, vow to begin today.

8. A healthy mind is a curious mind

Be curious, be mentally alive, and be filled with awe as you take the next steps in your life. Continue reading books, taking classes, doing seminars, working with coaches, participating in masterminds, belonging to book clubs... just continue. What you learn will enhance your life and awaken you to the possibility of an even greater future.

9. Never say... Someday...

Believe in today. Give yourself a timeline, starting now, to actively pursue your dreams. It's actually easier to manifest quickly when you set goals rather than wistfully hoping *someday*... It's the law of momentum.

Ask yourself: *Am I feeling a calling, a transition, a pull to look at something new coming into my life?* If so, are you able to name it yet, or is it still just a feeling of restlessness?

The best gift you can give yourself is to spend time with the discovery and implementation process. Sit down in a quiet room and really think about those questions. We all have longings, and it's okay to voice them and take measures to implement them.

When you've assessed those longings, put them in order of what's most important. Make them your priorities. Then set "goal achievement" dates and put those dreams in motion.

10.The Time is Now...

...to write the second act of your life. The dreamer in you is ready to wake up and begin! Isn't it time to make a declaration for the world to hear?

Start by calling your best friend, spouse, or co-worker. Tell them about something you've been putting off but would now like to start doing... is it writing a book? Taking charge of your finances? Planting a garden? Signing up for a course? What ever it is, make it known to your trusted partner and then do what you say you're ready to do. Ask them to hold you accountable.

If you can't trust yourself to change your life, whom can you trust? You've got this. The ball is in your court. Trust me, I've had to completely transform my life in so

many ways. The best part is that I can look back on it now and say... "I did it," and I'm a better woman because of it.

Do it now!

Best wishes and joy!

Sandy

For more information, visit <http://www.SandyPeckinpah.com>

Recommended reading: [Believe in your Ability to Rebound from Life's Unexpected Surprises](#) by Sandy Peckinpah