MOTIVATION | PERSONAL GROWTH

Are you in the "AMAZING RACE" of LIFE?

On a positive note… Research shows that 50% of us who live to 65 with no major health challenge will live past 100! Elizabeth asks a powerful question, "What is it going to be for you?"

by **Elizabeth Harrington**

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Throw away the alarm clock! Read every word you choose to in the New York Times! Indulge yourself with a third cup of coffee in the morning while still in your bathrobe mid-morning!

Let go of that harried jammed schedule, all those irritating obligations, those numbing chores! Book that trip to an enchanted isle, take a safari through the African desert with noted adventurer Richard Leider, sail around the world…live your dreams!

Growing up, this is what many of us thought our lives would be like when we grew up… way up way up… living the dream- the fairy tale mantra of the princess chanting for her prince –at a certain age the tune changes to ”someday my “retirement “ will come!”

Well here we are…more than 7000 baby boomers are turning 60 each and every day here in North America. The two biggest hits on the search engines now are “menopause” and “retirement”.

> ***The media is full of dire warnings about Medicare and “Social Security” plans failing down the road.***

On the other hand, the media is full of good news about a new reality for many healthy baby boomers… 60 is the new 40!

What is your current reality?

On a positive note… Research shows that 50% of us who live to 65 with no major health challenge will live past 100!

So my question again is “what is it going to be for you”?

Many years ago Mark Victor Hanson (for those of you living under a mushroom cap, he is the co-author of the best selling books-Chicken Soup for the Soul series) spoke to a group of us at a direct selling corporate event about John Goddard. Who is John Goddard? Like many of us at 15 years old, he had a lot of big dreams. Unlike many of us at 15, on one ordinary day in 1940, he wrote all 127 of these big dreams down on paper!

Life magazine in 1972, reported that at age 47, he had achieved 103 of his original dreams!

That article ***“One Man’s Life of No Regrets”*** detailed his Master Dream List and became one of the most requested reprints in ***Life’***s long history. I know I have kept his extensive list in my Dream journal for many years. I also know that they have served as the best example of a life blueprint for “fun, excitement, and knowledge”

What a vast array of dreams! Everything from studying 12 primitive cultures, climbing 16 of the highest mountains, visiting every country in the world, carrying out successful careers in medicine and exploration, learning to play the violin and flute, and many, many more! (A link to the entire list is at the end of this article)

John was one of the lucky ones. He learned at an early age that many adults complain that life just seems to slip by and they have many regrets. As Oliver Wendell Holmes so succinctly states it:

"Most of us go to our graves with our music still inside us."

As my teacher and guru, Richard Leider, so wisely puts it:

"The road ahead can be the best part of your journey. It can present a chance to discover and play your music."

As a passionate advocate for the entrepreneurial spirit, especially in network marketing,

> ***I believe that our industry is a great vehicle to discover and play your music, especially in the second half of your life or middlessence!***

So decide right now to be one of the blessed Boomers who still have time to repack your dream bag and start living boldly while:

"***advancing confidently in the direction of your dreams."***
Goethe

To be truly inspired, visit:

http://www.johngoddard.info/life_list.htm

Elizabeth Harrington is a "Working On Purpose" coach and facilitator. She is honored to be a founding member of the Working On Purpose GUILD with Richard Leider of the Inventure Group and the University of Minnesota. She is thought a leader yet evolving student of the network marketing industry and has been passionate about helping others achieve their dreams and goals for more than a decade.

After initially working her way up through the corporate executive ranks with Xerox, on to a senior government post in Toronto, Canada, then spending the past decade exploring the rollercoaster ride as an entrepreneur with Unicity International, Elizabeth is uniquely prepared to understand the demands of each career role as well as the best practices required for extreme success.

Elizabeth was married in Maui, Hawaii 2 I/2 years ago to Tom Spindler. Together they are living a balanced happy life in a suburb of Minneapolis MN, where frequent visitors are bunnies, deer, and possum!
She and Tom escape to Maui as often as they can to enjoy their Pacific paradise!

Following her passion of being the best leader and mentor she can be, she and Tom are currently becoming certified as Master Coaches and becoming part of the Purpose Project at the University of Minnesota (it's going to be all about vital aging over the next 2 decades)

Find out more about Elizabeth by going to her website:
ElizabethHarrington.com