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- [Who can help?](#)
- [Magic Radio Player](#)

In the News

Change Your Life at 50+

By **Alex Frisby**

In the news
23 June 2013 10:00

How to make the change

Did you read our recent article, about how to make the most of life today? Follow our expert advice and find out more about the miracle women who show that change is possible!



Karen Francis contributed to our 'Change your Life at 50+' article, in issue 169. Here, she shares more advice with yours.co.uk.

"Being 50 and beyond can be an unpredictable time for most of us. It's like a button has been pressed, and the urge to find personal fulfilment can become overwhelming.

The reality is that for probably all of us we are grappling with money restrictions, aging parents, or a career that isn't the one you want! So, how can you make changes whilst juggling all of the necessary demands?

Confidence is one of the most important areas to start with. You have to believe in yourself to make the change. Be aware of your strengths (ask your friends, family, or colleagues if you're not sure what they are) and then support these with affirmations, like 'I always try hard and do the best I can,' or 'I am worthy.'

Having a clear direction – a 'Dream Setting' – is essential. If you stop and look around you, almost everything you can see started as a thought in someone's head... so if you want to change areas in your life you first need to allow yourself to dream. Stop for a moment and imagine what your dream life would look like. What will you see? What will you hear? What will people say to you? What will you say to yourself? As you do this, imagine as much detail as possible. Create a rich internal experience, as if it's already happening!

Have a daily 'to-do' list, which will help you towards your dream. It may be that you need to do some more research, read some books, or look on the internet. Make sure that you have stages to your action plan so you can treat yourself in stages – it's all part of maintaining motivation to keep going.

Measure how well you are doing by how far you have come rather than how far you have to go.

Finally, challenge your negativity: are your negative thoughts really true? Where is the evidence for them? Would you say similar things to your closest friend? I doubt it! Be gentler, and tell yourself a positive truth instead –something you do that pleases you or makes others happy, and tell yourself out loud!"

Karen Francis is a Surrey-based therapist and life coach, with qualifications in psychotherapy, cognitive behavior and counselling. Visit www.retrainyourbrain.co.uk.

'You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose'

Dr. Seuss

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Page | 1

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