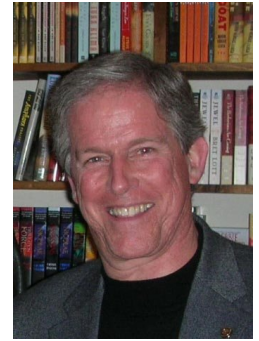


# It's a Long Life: Happiness at 50+

By Jim Ryan, Motivator and Author

(556 words)

If you're over the hump of 50 and venturing into yet another phase of your life, you might find yourself a bit perplexed. Now what? To some, this next leg is a looming thought; the fear of the end holds them paralyzed from experiencing what could be the best years of their life. To others, it's just the beginning of a great new adventure!



"It's a long life." There are two basic ways of looking at that statement. One, it seems like a tough road to make it all the way. Or two, we have plenty of time to embark on as many journeys as it takes to live the life of our dreams. The bottom-line: no matter how old we are, it is our attitude and our outlook that determines the kind of life we lead.

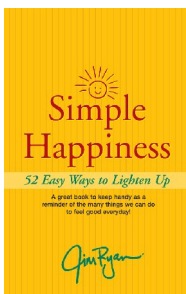
You may believe that you had a lousy childhood. As you become a parent you have the chance to be the parent you thought you should have had. Maybe you feel bad about the way you raised your kids. Now that your children are grown, you can make up for lost time by offering loving support in their choices as adults and when they become parents. Grandparenting is another chance to love unconditionally. Another opportunity to start over is after the kids are grown and out of the house. You can reconnect with your spouse with a new sense of appreciation.

If you feel that life is passing you by, then it probably is! You can fret about lost opportunities, chastising yourself for living a life of little consequence. You could live each day going through the motions in a joyless fashion, thinking up excuses for why your life has turned out the way it has or you can listen to the wake up call! Jump aboard "the passing life" and start living it! Make choices that move you into the direction of a more fulfilling life. You don't need to wait for a milestone event such as a birth, a marriage, or even a death, to get you thinking about your legacy. Start thinking about it now! Someone once said, "The definition of old age is when regrets take the place of dreams!"

Challenges may arise as you lose the ability to do the things you used to do when you were young. It takes a lot of humility to age gracefully. Don't fall into the trap of getting discouraged and disheartened by the aging process. The true opportunity of "the golden years" is that it can be a time of enlightenment, appreciation, and graceful being.

As you reach this stage in life, develop some new strategies for maintaining a positive outlook. The same principles of happiness exist in old age as they did in your younger, more vigorous days. Live by the "golden rule"—treat people the way you want to be treated. Don't take yourself so seriously. True growth comes in seeking out opportunities to brighten up the lives of others even as your own light fades. Rise above the challenges of aging by deflecting your conversations away from complaints. Wisdom lies more in listening to and supporting those around you than any words you might say.

When you shine the light on others as you age, you see the joy of living a long life. ☞



Excerpted from *Simple Happiness: 52 Easy Ways to Lighten Up*, © 2006 by Jim Ryan  
Available at AuthorHouse, Amazon.com, other online stores and at your local bookstore by request.

Motivational speaker and author, Jim Ryan, shares his simple happiness message across the country encouraging everyone to live their best life now. His relaxed style and unique ability to turn profound, life-changing concepts into easily understood solutions is what reaches the heart of his audiences. He can be reached at 866-JIM-RYAN (866-546-7926) or at [info@jimryantalks.com](mailto:info@jimryantalks.com). For more information about Jim Ryan, please visit his website at: [www.JimRyanTalks.com](http://www.JimRyanTalks.com).

*Note to Editor - Permission to reprint articles by Jim Ryan is granted at no charge to all print, broadcast and electronic media provided that the author's bio and contact information is included following each article used and a copy of the publication in which the article is published is provided to Jim Ryan, PO Box 276, Northport, NY 11768. If an article is published without the closing bio and contact information, a fee of \$300 per published article will be expected. Permission is further granted for reasonable editing for content, length, and title change. Electronic publishing of articles must include a live, click-able link to <http://www.jimryantalks.com/>. Thank you for your consideration. Jim Ryan, [info@jimryantalks.com](mailto:info@jimryantalks.com).*