

Surviving Turbulent Times

12 Simple Routines Women Need To Power
Through To a Successful Second Act



Isn't life crazy at the moment?

Don't you crave a safe place to go? To learn? To realize who you are and what you want, deep within? To figure things out? To press the pause button while you sit back and let everything around you simmer until - Bam! - you come back shining, ready to move forward with your second act?!

That to me is what reinvention is all about.

Thanks for dropping by. Consider this your safe place, somewhere you can go to pause, learn, grow. A place to take a little time for yourself, think, and make plans. No matter how crazy the outside world seems at times, we have a choice about what we do and how we act. Are you ready to reinvent your life? I want to help you with that.

So grab paper and pencil, fill up a mug with your favorite drink, and let's get started.

Use this as your guide. Write in the margins. Use a journal to track your own ideas. I know you'll come up with lots on your own as you read through my list. These are things I do every day. I've built these into my life because I know they work.

Without further ado, here are the 12 simple routines for you to incorporate into your own life to help you power through to a successful second act.

Hugs,

Lori



*Hi
There!*



1. Walk

Want to know the easiest way to reconnect with yourself?

Head outside for a walk.

But there's a secret to it: Leave your phone, your music, and any other distraction behind you. Then hit the trails, a favorite park, or even the streets near your home and walk.

Don't just walk and stew. Don't focus on the negative in your life. Instead, ask yourself important questions along the way.

What am I feeling right now?

What do I see right now?

What do I hear right now?

What do I smell right now?

What can I taste right now?

Feel the warmth of the sunshine. See the beauty of birds landing in a tree. Listen to the waves of the ocean. Smell the coffee brewing as you pass your favorite coffee shop.

2. Listen

Listening is one of the hardest skills we'll ever do. That's because there are so many levels to it, and most of us get too caught up in the minutiae of everyday life to do it well.

There's a big difference between **hearing** and **listening**.

Hearing is about receiving sounds into the ear. You might be conscious of noises around you, yet you pay little attention to them. You say things like:

"Yeah, yeah, I hear you."

and then you go on your way.

Hearing takes in the sounds around you. But you can be distracted and not have your full attention on what's happening.

Listening is altogether different.

You take in everything you hear. But instead of leaving them in your subconscious mind, or pushing them away while you give something else your attention, you choose to prioritize.

Listening requires focus. You have to be in the present to truly listen.

Is that easy to do? Definitely not.



3. *Breathe*

Children take far more breaths per minute than adults. As we age, our breath shortens, we take shallow gulps of air rather than breathing deep. While that can impact your health in many ways, it can also take away your focus.

I've noticed that on my busiest days, I often feel scattered. I often contemplate how I'm ever going to get everything done. The tasks seem to blur together, and I get overwhelmed, wondering what task to work on next.

These are the very moments I stop, push my chair back from my desk, and focus on breathing.

I start breathing. I visualize a pitcher of water, filling it up to the top as I breathe, breathe, breathe through my nose, taking in as much air as I can. I hold it for a few seconds.

Then I start to pour the "water" out. I push the air out through my mouth, visualizing the pitcher getting lower as I go. I feel the breath leaving my body, traveling out of my lungs, my gut, my legs, my toes. I release as much as I can, and sit for a few seconds, feeling the stress leave my body.

I do this one or two more times, relaxing as I go.

4. Pick a Journal Exercise

I am such an advocate of journaling because *it works*.

This is something you can do completely on your own, and use it for self-care, for self-awareness, for business building, for reflecting, for goal planning. It's one of the most economical ways for making real change in your life.

I include journaling throughout my daily routine.

I start with a reflection journal in the morning. I keep a business journal to record my ideas. I use a grateful journal to track my positivity. I use an action journal to record my goals.

Right now, pick a journal exercise and get started:

I showed up today and ...
I'm at peace with myself because ...
I'm grateful for ...
I believe in myself because ...
I'm capable of doing ...
My biggest desire is to ...
I'm going to take action because ...
I feel positive about tomorrow because ...
In five years I will ...



5. Ground Yourself

Want to feel more in touch with your world? **Ground yourself.**

Nope, I'm not telling you to put yourself in a time-out (although there is something appealing about that in stressful situations.) Instead, I'm referring to the concept of grounding yourself with the earth.

Grounding can be therapeutic in relieving stress, anxiety, and other inflammation. Remember when you used to run barefoot through the grass as a kid?

Pull off your shoes and socks and let your feet feel the blades of grass.

Take a walk along the beach, letting the sand squish between your toes.

Lie down in a park and look up at the clouds.

Wade into a lake. Walk through the surf. Swim in the ocean.

Enjoy the process, and let your imagination run wild while you feel yourself drifting to new places and new experiences.

6. *Be Present*

Distractions come in every shape and size.

How many times have you scrolled through your phone while at the same time listening to your child? Or typed out email responses while attending a class online?

Multitasking is overrated. If you focus on more than one thing, you lose the ability to be immersed in each task at hand. You split your mindset into fractions, and wind up performing far below your true ability.

I know that as women, we say we're efficient multitaskers. Yet if you're feeling overwhelmed without a plan for your future, one of the biggest gifts you can give yourself is to slow down.

Be present in the present.

Give someone or something your undivided attention.

Notice the sounds around you.

Feel your reactions.

Think about your place right here, right now.

Let it flow all around you.

7. Schedule Self Care

I once read a comment from a woman online who felt self-care was too selfish. She felt taking time out for yourself when life was pulling in so many directions made you egotistical, self-absorbed.

I disagree.

I would argue the busier you are, the more self-care you should put into your life.

It's all about your intentions. Selfishness stems from putting your needs ahead of others, often doing so at the detriment of others.

Self-care replenishes your soul so that you can give more of yourself to what you do best. You do so without depleting someone else in the process.

I truly believe the only way you can be your best, and give your most is to ensure you are your best self. That comes from treating yourself well so that you have more to give.

Don't let those important moments slip away. Schedule them into your day. The little things that I do that every day include:

- Applying my favorite body spray after I shower. I love the scent that lingers all day.
- Buying soy candles in a scent I love. I breathe in deep every time I light one.
- Face masks - is there anything as rejuvenating as spending ten minutes letting the good nutrients soak into your skin?
- Flowers - I buy myself a new bouquet for my desk every single week.

8. Be Aware

Growth comes from expanding your mindset. You'll never grow into real change if you keep repeating your past actions.

Awareness comes from learning. And right now with this much chaos in our world, it's more important than ever to learn.

Read every day.

Sign up for a new class.

Paint a picture.

Snap pictures with your phone. (Not selfies. Get creative.)

Travel.

Eat new foods.

Make a new friend online or in your local community.

Kids are resilient; they thrive when learning something new. But we forget how to use that muscle as we age. Yet it's the perfect way to discover a new side to ourselves, and find a way to implement something new.

This also gives you another reason to journal.

With every book I pick up, or class I participate in, I often discover new ideas. A journal is the perfect place to record them, and to use them as you develop your future plans.

9. Define Your Intentions



A long time ago, I learned a trick that still resonates with me today. My early morning practice includes rising, meditating, journaling, and a few yoga stretches before I settle into my writing routine.

A part of that routine includes setting my intentions for the day:

Where do I want my focus during the day?

I love the structure that comes with setting your intentions. It helps create a mindset that sets you up for positive action. It activates your sensors to be open and allow new things into your life.

I believe this also helps you move out of overwhelm. Instead of trying to solve multiple problems in one day, it sets your mindset on one intention.

Feeling happy today? Make your intention based on your mood. Feeling a need to connect with a loved one? Direct your intention towards that action.

This is also another good opportunity to pick up your journal and write things down. Brain dump as necessary. While I love technology, there's just something about putting pen to paper that gets your creative juices flowing.



11. Nourish

Nourish.

It's such an elegant word. You can stuff food into your body for the mere act of adding fuel. But if you nourish your body, you provide it with sustenance necessary for growth, wellness, and improving your general condition.

Use that to change your approach to food. How can you turn every meal into a nourishing experience?

Select your foods carefully.

How will you present it to yourself? To your family? To your friends?

What will these foods do for your body, your wellness, your growth?

Will they give you energy, or deplete it and take it away?

Remember the concept of planning? It works for your nourishment too. Start a Pinterest page and fill it with good-for-you foods and recipes. Then sit down one per week and plan out your meals. It's the easiest way to create your shopping list and get everything done once per week.

12. Build Your Awareness Kit

This may sound silly, but hear me out.

I find that overwhelm tends to set in **when I speed up instead of slow down**. When I can't find an item I'm looking for, or I have too many things on my to-do list... that's when I feel my worst.

As you work through the things on this list, you'll start to collect gentle reminders of ways to be present. I'd also encourage you to **create an awareness kit that helps you stay grounded in the present**.

Create a box for your desk, clear out a drawer in your kitchen, or create a bag you can slide into your closet. Fill it with motivational tools for you to use every day.

Then use it to help you remain present in the present. This can include:

Journals
Your favorite tea selection
Body lotion
Essential oils
A favorite pen
A facial mist spray
A few photographs
Card decks
Books
A feather you pick up on your walk



Let me ask you a question.

What if someone right now, told you all the answers to your reinvention questions existed in a little place called Sucre, Bolivia?

You should travel there immediately, and your plan will magically fall into place. You'll find your passion. You'll learn what you're supposed to do with your second act. You'll come back a different person.

Would you go?

It sounds crazy, doesn't it? Most of us laugh at the thought. It's like those email scams some people fall for. The ones that promise you a million bucks if you only contribute a few hundred to the cause. Send it right away to this account, they tell you, and we "promise" you the million will magically appear.

We know in our hearts that we can't solve our quest for wanting more, just by taking someone's two-second advice. You can't show up and have it magically appear. We know it takes soul searching, that we have to put in the work ourselves.

*A Few
Thoughts To
Send You On
Your Way...*

And yet we want help.

Ever asked someone closest to you to *“just tell me what to do?”*

Ever pondered the question: *“what’s next?”*

Of course. That’s why you’re here.

We’re a society that loves fast action.

Maybe that’s been built by our entertainment. Define a problem and find the solution in less than two hours. Because of Hollywood, we’ve defeated villains, fought wars, and solved major world problems in two hours or less.

Of course, that’s not reality. But somehow that all gets tangled up inside. That’s why we say things like:

I should know what to do. I’m a grown up.

I want this, and I want it now.

We’ve been preconditioned to expect results quickly. But is that truly reality?

Humans – especially Americans – want everything fast. We want it solved today. That’s why we’ve allowed so much “wrong” to enter our lives.

Sometime in our 40s or 50s, we get the itch to do something else, BE somebody we’ve never been before.

We look at all we've done in the past, and decide we want something more. But something holds us back. It's timing, my friend. I was reminded of it again this past week when I was chatting with a friend:

*"I've always wanted to write. I would love to publish a book like you have. Someday. I just don't have time now. The kids are finally out of the house and into their own apartments. But my dad needs help, and I have a few committees I'm chairing at work. We're trying to squeeze in a trip, just the two of us, before the summer begins. And that's when things will really get busy ...
Maybe when things slow down."*

Funny, to me, things seem to be going faster now than ever before, not slowing down. You too?

I'm 55. I graduated from college 33 years ago, married, and started creating my life. In 30 years, I'll be 85. And if I have anything to say about it, I'll be a very healthy 85-year-old doing all of the things I love. That includes writing, traveling, exercising, laughing with friends, enjoying life.

Thirty-three years goes by in a blink of an eye. Yet it's also a very slow process. It's 12,045 days filled with all of the things I love.

If I start something today, I have more than enough time to put it into my life and make it my reality. I can choose where I go, who I go with, what I accomplish.

But I do have to choose. Consciously choose.

And that, my friend, is what I consider the quick/slow approach to reinventing your second act.

You can't solve all of your problems in two hours.

But you can make one decision and put it into action.

If you want to write, write. Buy a journal. Carve out an hour in your day to sit down and write. Buy a book on writing. Sign up for a class.

Of course, you can also go looking for a little bit of magic. I'm also a firm believer in seeing the world. It'll change you in ways you never even imagined.

Ever heard of Sucre, Bolivia? Interested in going? It made "best places to travel to that you've never heard of" lists several times.

I'd never heard of it, at least until I wrote this. Now I'm thinking, it might be time to go. There might be a person waiting there, ready to tell me all I need to know about my future. Someone who will give me the answers to all of my questions.

Or not. 😊



*Thanks for
reading ...*

With so much content flowing your way, I just want to say **THANKS for choosing to follow along with me!**

If you want more, there are many ways to stay engaged with my little place here in the online world.

Are you receiving my weekly emails? I promise not to overwhelm you with content, but once a week, I write about reinvention, midlife, self-care, or one of the many things we face here in midlife. I'll send it to you. All you have to do is sign up.

If you love my free guide, you might be interested in my other books and workbooks too. I write about the things that interest me the most, and help you implement real change into your own life. Click here and see if anything catches your eye.

A lot of my readers also want to pursue writing. If that sounds like you, my writing class may be the boost you need to take action. Whether your goals want to be more active in your journaling process, or you wish to use it to start a new business online, I teach you how to be more consistent in your practice and find your voice as you write.