

"RE-TYRE" AND THRIVE AT 65 ©

Reflect - Enjoy - Thank – Yodel – Recharge – Express



Yesterday was my "retirement birthday" – after 25 years in this great country I reached 65 years of age - a signature age. When I was 15 I thought 65 was really ancient. There are generally negative connotations about this age. Phrases like "over the hill", "the best is behind us", "take it easy" etc. characterise this important milestone age.

But what if it does not need to be this way. What if you do not need to let these negative views and words define you. What if we had a new definition of what it means to be 65. What if we called it the "Re-Tyre-Ment" age? What if we said "Re-Tyre and Thrive at 65." When your car tyres are wearing out you get the thread re-tyred. What if instead of retiring, 65 was a time when we "re-tyred" our tyres ready for the next journey.

So as I celebrated this milestone I took the "re-tyre-ment" definition seriously and it changed the way I celebrated. So what did I do?

- I gave my staff the day off.
- I stayed in bed til late
- I did not answer any mails or make any facebook posts
- I went with my beloved wife to the east coast to play in nature
- I watched my favourite TV programs
- I took my dog for a fun walk
- I marveled at the sky and at the wonder of being alive
- I remembered who I was and vowed to be true to myself
- I read all the wonderful wishes from friends all over the world
- I reflected on how lucky my life has been
- I told my wife how much I loved her

RE-TYRE

It's a time to **R**eflect - **E**njoy - **T**hank – **Y**odel – **R**echarge - **E**xpress

Reflect

We take too little time to stop and think. At 65 you now have great wisdom and experiences that help you understand life better. Its time to look back and remember all the good as well as the difficult periods of your life. It's a time to remember what you have learnt, and re-pack your bags ready for the next phase. It is a time to quiet the mind so the soul can speak.

TIP – take one hour to reflect on all that life has taught you

Enjoy

Absolutely go for it and enjoy yourself. Be crazy – do things that you have been putting off for a long time. So often in our “busyness” we postpone enjoyment. At 65 its time to enjoy the present moment and savor all the great things that you have in your life. And I mean really enjoy – don't hold anything back.

TIP – recall all the things that you really enjoy and vow to do them more often

Thank

We often get caught up in living life we forget all the people that have enabled us to get to where we are today. The teachers, parents, brothers and sisters, the aunt or uncle who really believed in us, the great friends who surround us right now. When we give thanks it does not just help the person we are thanking – it also makes us feel good.

TIP – make a list of all the people in your life that helped you get to where you are today and if there are any who you have not thanked – contact them and give them a heartfelt thank you.

Yodel

Yodel? A wise professor friend of mine recently told me “if you can find one sheep that can yodel then there is a possibility that all sheep can yodel.” So often in our life we “shelve” interesting and crazy ideas because people tell us they are impossible. 65 is the year to revisit those “impossible” dreams or desires. Time to turn a deaf ear to those who said it can't be done. Take some giant steps or some baby steps towards re-living those dreams. It's time to yodel.

TIP – revisit those ideas that you once dreamt you wanted to try – play the piano, visit the north pole, look up an old flame who you never told how much you loved them. The crazier the better. Then find a way of doing something that brings them to reality.

Recharge

It's probable that you have spent your life at full speed – not taking time to recharge your batteries and thinking that you will rest when you reach 65. This is a wrong notion and causes us to burn out early. Remember that when you have exerted yourself you need to stop and plug into a regenerating power source.

TIP – remember when you felt on top of the world and recall what you were doing that made you feel that way. Experiment with a variety of things - it could be yoga, massage, laughter, music. Whatever it is, find it and do it.

Express

How often in your life have you been your authentic self? How often have you said – “Yes this is me – this is what I was put on earth to be or do”? Far too often we sacrifice who we are and suppress our real self for the needs of others. Well 65 is the age to leave that all behind you. Its time to stop living other people’s notions of what they want you to be – its time to be YOU. Remember you are unique – out of 7 billion people on earth there is only one YOU. At 65 you now have something to say and the world needs to hear you express yourself.

TIP – ask yourself “what is it I do which even when I do it badly I do better than anyone I know” – then go and find a way to do it. EXPRESS YOURSELF.

So if you recently passed 65 or are about to be 65 – don't “retire but “RE-TYRE” and get ready for the next exciting phase of life.

Author:

Philip Merry – CEO & Founder, Global Leadership Academy

Philip Merry, CEO/Founder of Singapore's Philip Merry Consulting Group helps leaders access the power of the heart and self-leadership for personal and business transformation. He has conducted leadership and team projects with global organizations for 37 years in 58 countries, boosting mindsets that grow inter-cultural co-operation and optimise personal excellence. Just about to graduate with his PhD in Leadership and Synchronicity he is Senior facilitator with United Nations and Duke Corporate Education, Regional Representative Belbin Team Roles, Marshall Goldsmith Coach, Appreciative Inquiry Certified, HeartMath certified, Philip is author of The Search for Singapore's Happiest People, and one-time London taxi driver.