



Your Third Act

Have you been bemoaning the fact that you are getting older - while still feeling young in your mind? I can relate. But the language that exists to describe this stage of life is so demeaning, discouraging, focused on deteriorating and not descriptive of what your life could be right now. It seems like the message we get loud and clear is that after 60 it is all downhill from here. We even celebrate “Over the Hill” parties! But that assumes we are “done for” and many of us don’t feel that way at all.

Isn’t there a better way to frame this time of our life?

Well the good news is that there is! *Jane Fonda’s* TED Talk called “Life’s Third Act” is transforming. If you get a chance, check it out. This is the language we need right now. Our Third Act is the last 3 decades of life - and could be the best ever!

As *Jane Fonda* says: this is actually a developmental stage of life with its own significance, as different from midlife as adolescence is from childhood. And we should all be asking:

How do we use this time?

How do we live it successfully?

What is the appropriate new metaphor for aging?

We have to get over the fact that older ages are not all about pathology. Many of us (me too) are not riddled with disease, but are healthy, vibrant, energetic, filled with potential and ready for more.

Fonda also says: It turns out, most people over 50 feel better, are less stressed, less hostile, less anxious. We tend to see commonalities more than differences. Some of the studies even say we're happier. So this is all good news for those of us who struggle against a culture that tends to discard our value and not appreciate what we can offer.

We - the over 60 generation who were such idealistic free thinkers in our youth are not going to go quietly into the good night. We are creating a new paradigm for aging and it focuses on being - and feeling AGELESS.

Dr. Christiane Northrup, OBGYN, women’s health pioneer and bestselling author even wrote a book [Goddesses Never Age](#) referring to older women as Ageless Goddesses. I prefer thinking of myself that way as well because the number of my age does not correlate with how I perceive myself. In my mind I am still 35 which is about half of my chronological age.

Jean Huston, PhD, scholar, philosopher and researcher in Human Capacities speaking to Oprah said “It started to get really good at 60. Your heartfulness increases, you’re always looking for the deeper aspect of anything, and you try to be of use.”

Carol Osborne, author of The Spirituality of Age: A Seeker’s Guide to Growing Older says coming of age is the opportunity to not only grow older, but to grow whole. It is a life stage of value and purpose of its own.

Sabrina Chaw, CEO of *A Feminine Feast*, says “as women coming into our own, we are discovering our own true path to light up our lives.”

Gail Sheehy bestselling author of New Passages: Mapping Your Life Across Time presents startling facts: A woman who reaches age 50 today – and remains free of cancer and heart disease – can expect to see her ninety-second birthday. To plot our route across these vast new stretches of “Second Adulthood”, we need a new map of adult life.

So do you feel like you are just beginning again? A rebirth of sorts. All those years of working and experiencing things has brought you to a place of being ready to go out on your own and prove to yourself that you can do anything you set your mind on. You are free from the shackles of working for a boss, you are in control of your time and destiny, you can become healthier and more physically active, and you can look forward to what you want to create next.

Here are some thought-provoking questions to ponder

- ❖ What is on your mind about aging?
- ❖ What are your thoughts about your Third Act of life?
- ❖ Will you continue working? If not, how will you fill your time?
- ❖ What dream do you have that you want to pursue that you never had time for?
- ❖ What is the likelihood that you will pursue your dream?

All these questions are valid and important for you to process, because your next 30+ years might be the best and most rewarding of all.

If you need help sorting it all out, please contact me for a get acquainted session to see if “Life Coaching” might be just what you are looking for right now.

Carol Ebert RN, MA, CHES, CWP
Wellness Lifestyle Coach
Certified Wellness Practitioner
Nutrition Advisor, Sanoviv Medical Institute

507-313-4515

carol@carolebert.com

www.carolebert.com

www.carolebert.usana.com/share