

# Live the life you desire



We all want to be free, feel fulfilled and live the life of our wildest dreams. But each day we live with limiting beliefs, fears and negative thought patterns that keep us from living our best life. Life coach *Marisa Gundermann-Lunai* says we have the power to break through obstacles that stand in the way.

When taking statistics into consideration, the odds are that the last phase in life (50+) is much longer than one might expect, so it is imperative to make sure to enjoy every minute of it.

Most people conduct their lives according to an invisible and unwritten “society life map” that includes the major milestones set out for them in specific periods of their lives.

The map contains three major stages and looks more or less something like this:

Phase 1: Children start school at the age of five, they then move to intermediate and later college.

Phase 2: Transitioning into work, university, or apprenticeship.

Phase 3: Mostly dedicated to work, career and finding a partner, getting married, and possibly raising children together.

The script, however, seems to end roughly by the time people hit 50.

What happens then?

For many this means uncertainty, whether they are aware of it or not. With the uncertainty comes a loss of direction and possibly a diminishing purpose.

Often this can result in a spiral of mental health issues like mood swings, anxiety or even depression.

Even though not experienced by everyone, this stage is commonly known as “midlife crisis”.

When taking into consideration the physical changes people are experiencing (menopause and andropause) and the changes occurring parallel in their external lives (i.e. kids leaving the nest), this phase could be compared to the teenage years. A phase of enormous change.



This chapter is one of great transformation and transition, yet incredibly challenging and oftentimes misunderstood by those not going through the motions at the time.

To move through this phase swiftly and come out the other side an energized, enthusiastic person ready to embrace the next chapter, it is a great idea to look at it from an analytical perspective and one that allows to highlight the positives in the situation:

As already pointed out, the midlife change is a transition and can be broken into three significant stages:

1. The ending of something
2. The messy middle experience
3. The beginning of something new

No matter which of these phases you currently might be experiencing, it is the perfect time to reflect, think and refocus; letting go of things that you have outgrown and inviting the things that you enjoy. It is the time in life when people have the chance to hit the reset button and plan the rest to pan out exactly the way they have always dreamed of, using the advantage of a good amount of life experience in the decision-making process.

Planning is most important at this stage, because it will help to move forward with passion and is the catapult for making those dreams come alive.

But where to start with the planning?

The best starting point is to look to the future.

It is a great idea to get a journal out and contemplate the following:

- What will life look like in five years from now in terms of your physical and mental health?
- What will be experienced in the next five years that brings great joy and pleasure?
- Is there anything you have been putting off?
- Looking back at your childhood, was there anything that sparked enormous joy, or the feeling of freedom that has possibly been lost and can be reignited?
- Is there an activity that feels purposeful?

Once this new life map has been drafted it will be easier to look at the smaller milestones and figure out what action steps are needed to achieve the overall goals.

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**Everybody gets to be young, but not everyone is lucky enough to grow old.**

Lastly, it is a good idea to create a small routine, such as the Four M's every morning. This exercise can really help in a time of transition as it gives stability and purpose:

1. Make your bed
2. Move your body
3. Mindfulness
4. Music

There will be hurdles and limiting beliefs along the way, in which case it is a good idea to engage a life coach into the process.

Life coaches are professionally trained to help overcome those obstacles. The principle between a sports coach and a life coach is much the same, both are there to help bring out the best in people.

Life doesn't end here, there might not be a template for this part onwards, but that makes it even more exciting. The world is every one's oyster, and everybody gets to be young, but not everyone is lucky enough to grow old.

Now is the perfect time to plan that dream life, because no matter the age, you can endeavour to live the life of your dreams!

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