

**BANISH  
YOUR  
MIDLIFE  
CRISIS  
BLUES**

*Get a New Lease on Life  
with Fresh Opportunities*

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*"We are not victims of aging,  
sickness and death. These are part  
of the scenery, not the seer, who is  
immune to any form of change.*

*This seer is the spirit, the  
expression of eternal being."*

- DEEPAK CHOPRA





# Introduction

**Y**ou thought it would never happen to you. Maybe you watched your mom or dad struggle with a midlife crisis and thought, “Ridiculous. That will never happen to me.” Until, it did.

However, all is not lost. A midlife crisis is a part of the human experience. Most importantly, not only can you survive it, you can thrive. **The period of life that corresponds to a midlife crisis also has opportunities.**

You’re well into your career, and the kids are out of the house. You have time, money, and fewer obligations. **This period of your life has a lot of potential.** You can make some drastic changes to your life if you choose. Or, you can make a few adjustments and discover the life you

were meant to live but couldn't up to this point.

A midlife crisis just might be a reason for celebration!

This is a wonderful opportunity to discover new passions, find your purpose, and boost your income. You can have a lot to look forward to if you take full advantage of the possibilities. **You can ultimately be happier than you've ever been.**

**Consider these topics as a way to learn more about yourself and your options for using a midlife crisis to enhance your life:**

1. **Chapter 1: Midlife Crisis: The Causes and Signs:** You'll learn about the types of events that commonly trigger a midlife crisis. You'll also gain an understanding of

whether or not you're experiencing a midlife crisis.

2. **Chapter 2: Re-Discover Your Purpose:** This chapter will guide you through the process of re-discovering your purpose. With a new and meaningful purpose, you'll have a reason to get out of bed in the morning.
  
3. **Chapter 3: Explore Your Passions:** A purpose isn't enough. It's important to have something fun to look forward to on a consistent basis. This chapter will help you to find and pursue your passions.
  
4. **Chapter 4: Have a Spiritual Awakening:** A midlife crisis is a wakeup call to further your spiritual development. Now is a great time to update your view of life and

yourself.

5. **Chapter 5: Creating a New Stream of Income:** An additional stream of income is always helpful. With more money in your bank account, you're in a better position to pursue your purpose and passions.

All of these things add up to a new and exciting life. This might become the best time in your life. The opportunity is there.

"I think midlife crisis is just a point where people's careers have reached some plateau and they have to reflect on their personal relationships."

- BILL MURRAY



# Midlife Crisis: The Causes and Signs

Aging isn't for sissies, and a midlife crisis is often catalyzed by the recognition that one is aging. A midlife crisis typically happens between the ages of 35 and 60. Women experience this phenomenon at an earlier age than men. **A midlife crisis is a crisis of purpose and identity.** It's a lack of satisfaction. It's desire for significant change.

## **There are many possible causes for a midlife crisis:**

1. **Aging itself.** It could be balding, wrinkles, aches and pains, failing eyesight, or aging in general. There are no 90-year old people that look 20. At some point, we all begin to show signs of aging. This can be

hard to accept.

2. **Serious medical issues.** A heart attack, stroke, kidney stones, diabetes, or other serious medical condition after 40+ years of good health can be a wakeup call that you're not going to live forever.
  
3. **Regrets over a lack of education or making poor educational choices.** You might suddenly decide on your 50th birthday that you really blew it and should've taken your studies more seriously. Or, you could just kick yourself for never having gone to college in the first place.
  
4. **Regrets over choice of career or lack of career progression.** Do you wish you had been a nurse instead of an engineer? Are you annoyed that you're still a supervisor and never made it to manager? These

types of regrets are a common part of a midlife crisis.

5. **Children growing up and leaving the home.** When you're a parent with kids in your home, raising your children takes a lot of your time and attention. When they leave, that can leave a gaping hole in your life.
  
6. **Aging or death of peers or parents.** Most of us outlive our parents, and we expect to outlive our parents. When your parents die, you realize that at some point they were the same age you are now. It becomes painfully obvious what's in store for you down the road.
  
7. **A birthday.** It might be your 40th, 50th, or 60th. Many people view a certain age as "old". When you finally hit that age, you can suffer from a midlife crisis.

There are a variety of potential causes of a midlife crisis. The cause isn't as important as dealing with the crisis effectively. Regardless of the triggering event, the result is the same. **It's time to take control of your life and make the most of it.** These can be the best years of your life!

If you're not certain whether you're experiencing a midlife crisis, there are common signs. Read through the following list and see if you're able to recognize yourself.

"Everything I read about hitting a midlife crisis was true. I had such a struggle letting go of youthful things and learning how to exist and have enthusiasm while settling into the comfort of an older age."

- DAVID BOWIE



**There are several common signs that you might be experiencing a midlife crisis, such as:**

1. **A belief that your life lacks meaning.** Is this all there is? What is the point? These types of questions are common during a midlife crisis. There's a general dissatisfaction. You've put in a lot of time and effort into your life, but you're not satisfied with where you ended up.
2. **Regret for all the goals you never accomplished.** You've wanted to do, see, and accomplish a lot of things over the course of your life. You've left a lot of them undone, and now you're beginning to recognize that it might be too late for some of them.


3. **Resentment over career or financial success.** You wanted a more successful and lucrative career than you've had to this point. Feeling this way is a strong sign that a midlife crisis might be happening.
4. **Resentment toward spouse or partner.** Resentment can extend to your significant other. You may be wishing you had chosen someone else or had never gotten married at all. Maybe you believe it's their fault that your life turned out this way.
5. **A strong yearning to feel younger.** Are you suddenly wishing you looked or felt younger? We all feel that way, but **has the feeling suddenly grown stronger?**
6. **A strong urge to make drastic physical or social changes.** A

sudden urge to get in great shape or get plastic surgery is a common sign of a midlife crisis. Do you feel like reconnecting with friends from college and hitting the bars? Do you want to dance all night long like you did 30 years ago?

7. **A strong urge to start over.** Do you wish you could blow your life up and start again?

What did you discover? Most people dealing with a midlife crisis know that something is off. **Your normal view of you and your life is different.**

This is an exciting time in your life. Let's look at some ways to make the most of this grand opportunity.



"An aging writer has the not insignificant satisfaction of a shelf of books behind him that, as they wait for their ideal readers to discover them, will outlast him for a while."

- JOHN UPDIKE



# Re-Discover Your Purpose

Life is seemingly more well-defined when you're entering the world as an adult. There's your career, your social life, and the basic urge to find a spouse and have children. It's a little different for everyone, but that's the path many choose and never take the time to question whether or not it's the best choice.

**When a midlife crisis hits, these default decisions are often questioned.** And even if they aren't questioned, they begin to unravel.

- Your kids finish school and move on. So, parenting and family obligations suddenly require far less time and attention.

- You might be sick of your career after 20 years or more. The interest in continuing down that path might be less than appealing to you at this junction in your life.
- You've probably had a close friend or family member pass away by this point in your life. It can make you wonder if you're spending your time on the right things.
- Your social circle has perhaps begun to dwindle, or it has grown stale.

You might feel that your life lacks purpose. **If that's the case, it's time to find a new purpose for your life!**

Studies have demonstrated that those with a strong sense of purpose tend to live longer. Feeling like you have a strong purpose in life reduces the likelihood of

suffering a stroke, heart attack, or from dementia.

If you haven't recently considered the purpose for existence, you might be surprised by what you discover. You have far more options available to you than you when you first started a family or were struggling to get your career off the ground.

**Before we get started, consider these questions:**

- What do I think is the overall meaning of life?
- What do I want the meaning of my life to be?
- What have I achieved so far? What else do I want to achieve?
- Who do I want to become?
- How do I define myself? Is this the best way to view myself?

Give these questions a few days to percolate in your mind. It can be useful to get out of your house for a while and think in a more neutral location where you feel less defined and confined. A long weekend in a new location can be a great environment for thinking some new thoughts.

### **Re-discover your purpose in life with these strategies:**

1. **Make a long list of your values.**  
When you're living your purpose each day, it just feels right. In order to feel right, your purpose has to be aligned with your values. Take a day or two and list your values. What are the qualities you admire in others? What are the qualities you want to have and demonstrate?
  - Once you have your list, prioritize it.



- Circle the top 10 values on your list. Keep the list handy.

2. **Make a list of your strengths and skills.** What are you good at? What can you do better than most people?

- Can you motivate people?
- Are you great at building websites?
- Do you write well?
- Are you great at finding solutions to complex problems?
- Do you have spectacular welding skills?
- Can you play an instrument?
- Are your outdoors and survival skills beyond compare?
- Take some time to compile this list. Ask a friend what

you're good at.

3. **Consider a challenge in the world you'd like to address.** A purpose is meaningful. What do you consider to be a meaningful challenge in the world? Here are a few general ideas:

- Poverty
- Homelessness
- Elderly care
- Human trafficking
- Environmental issues
- Illiteracy
- Hunger
- Animal welfare
- Anything else that you think is meaningful and important

4. **What do you enjoy doing that is useful to others?** Collecting bottle caps might be enjoyable, but it's not something that readily translates

into value for others. What are some things you like to do that others can get some value from?

5. **What is your gut telling you?**

There's a good chance that you already have a decent idea or two for your purpose. What is your gut telling you? What are your instincts on the matter? Perhaps you know what to do, but you're lacking a little confidence? You can worry about the confidence issue later.

6. **Set a deadline.** Time is always passing. If you're having a midlife crisis, you already feel like you've wasted a lot of time. There's no point in wasting anymore. Avoid the mistake of believing you can approach this decision without focus or a deadline.

- Set a goal to determine your purpose in the next two weeks. **“On or before (date), I will have decided on my life’s purpose. I will be confident in my decision and excited by the prospect of focusing my life on this purpose.”**
- Read this goal statement each day until the 14 days are up. Then choose whatever idea you have that seems to be the best fit. Just choose! Make a decision, so you can get started.

All the information you’ve gathered and processed will make it easier to discover your purpose.

**The right purpose for you will address something you believe to be meaningful.**  
It will fit well within your values. It will,

ideally, use your strengths and skills. It will feel right to you.

It might not impress others, and that's just fine. Your parents might think it's silly that you want to dedicate your life to saving the bumblebees, but if that's your thing, pursue it!

You have to live with yourself 24/7. The grief you get from others only lasts a few seconds, so do what's best for you.

“The Boomers will eventually have to accept that it is not possible to stay forever young or to stop aging. But it is possible, by committing to show up for others in community after community, to earn a measure of immortality.”

- ERIC LIU

# Make a Plan

Finding your purpose is one thing. That's the part that so many people find to be enjoyable. It's always amusing and easy as long as it stays in your head. But, now it's time to get serious!

Knowing your purpose is a start, but it's only a start. It's like knowing your destination. You need a map to make any progress!

**Follow these strategies to create a plan to live your purpose:**

1. **Remember that your purpose doesn't have to be a career.** It could be, but it doesn't have to be. In fact, you might be better able to pursue your purpose if you keep your original career. If your purpose doesn't lend itself to making a

living, that's okay.

2. **Go back to your list of skills and strengths.** How can you apply those to your purpose? The more you can contribute, you better you'll feel about what you're doing. So, how can you contribute the most?

- For example, if you want to help pit bulls, and you're great at web design, you could volunteer your web design services to pit bull rescue groups.
- Do you want to help the homeless and are handy with a hammer? Habitat for Humanity would be a great fit.
- Look for ways to dovetail your strengths and skills with your

overall purpose.

3. **Make a long-term plan.** Where do you ultimately want to take this? Would you be happy swinging a hammer on the weekends? Or do you ultimately want to be the CEO of Habitat for Humanity? Do you want to start your own organization? Do you want to start a for-profit company that focuses on low-income housing?
  - Think about your long-term plan. **It's necessary to know your long-term outcome to set appropriate short-term plans.**
4. **Make a short-term plan.** The best way out of a midlife crisis is to get busy doing something meaningful. Think about what you want to accomplish over the next few



months.

- Be very specific regarding how you're going to get started. **Think of something you can do today to get the ball rolling.** It can be as simple as sending an email to the appropriate person.
- Make it a point to never make a decision without taking some action at the same time. Tomorrow is too late. Think of something you can do today.

Be sure to think about how you can integrate your purpose into your life. Or more appropriately, think about how you can build your life around your purpose.

Once you have your purpose figured out, many of the challenges surrounding your

midlife crisis will be eliminated. You'll have a good benchmark for making your decisions: Ask yourself, "Does this assist me in the pursuit of my purpose or is it an obstacle?"

Find your purpose, and you'll have taken one of the biggest steps toward getting a new lease on life. **Discovering and pursuing a meaningful purpose is one of the best ways to leverage a midlife crisis.**

Be sure to find your purpose sooner rather than later. The big things always seem overwhelming, but they are the things that matter. Avoid stalling!



"Aging does not make women powerless objects of pity but colorful and entertaining individuals and, on occasion, fire-breathing dragons that wise people don't cross."

- FLORENCE KING

# Explore Your Passions

What is your passion? Is it fine wine? Watercolor painting? Dogs? Needlepoint?

**Do you even have a clue what your passion is?** Perhaps you haven't had the time to follow or even determine your passions. That's about to change. A midlife crisis is a wonderful time to finally spend your time on activities that you truly enjoy.

**Consider these significant differences between your purpose and your passions:**

1. **Your purpose is meaningful.** Saving the environment is a purpose. Mastering racquetball is a passion. You build your life around a purpose. You plan your free time around a passion. That's not to say

that the topic of racquetball couldn't be a purpose for a select few people.

2. **Your passion is about your personal interests.** A passion is something that interests you. It's something that you enjoy. It doesn't have to serve the greater good or take other people into consideration at all. A passion can be 100% selfish.
  - Your passions might be skateboarding, cooking, and pistol shooting. It's entirely up to you.
3. **Passions can grow, wane, and change over time.** A purpose tends to stick for a long time, even a lifetime. Passions can change over time. You might be obsessed with long-distance running for a few

years and then suddenly decide to drop running from your life and switch over to creating a YouTube channel on dog training.

4. **A passion is essentially a hobby.** A passion is like a favorite hobby. It's something you really like to do or study.

A purpose isn't the same as a passion, but it's important to have both. **A complete life is driven by a purpose and includes various passion activities as the cherry on top.** You can have both, and your midlife crisis is a sign that you're ready for both.

"I sometimes miss the sense of excitement that I remember having when I was younger. I miss that sense of, 'Oh wow.' I think it's part of aging."

- ELIZABETH STROUT

**A midlife crisis can be the perfect time to explore your passions! Try these activities:**

1. **Remember your interests as a child.** You had a lot of interests as a child that you never explored. Perhaps it wasn't practical to take SCUBA lessons as an eight-year-old living in Kansas. Maybe your parents couldn't afford a telescope. Surfing might have been out of the question, too.
  - It might be a good time to reconsider some of those potential passions that you may have forgotten.
2. **Make a list of topics that interest you.** Return your attention to the present and consider your current interests.

- What are you curious about?
- What would you like to try?
- What do your friends do that sounds interesting to you?

3. **What makes you lose track of time?** We all have an activity or two that makes us lose track of time or forget to eat.

- These are the activities that our brains love to do. They're so interesting and rewarding that little else matters during the time we do them.

4. **Consider the social factor.** Maybe you want an activity you can do alone on your schedule without the hassle of dealing with others.

- Or, maybe you'd prefer to spend time with others and make a few social



connections. Keep the social factor in mind while evaluating your options.

5. **Consider the financial costs.** A few hobbies are free or close to it. Most will require at least some expenditure of your hard-earned funds.

- What training, equipment, and fees are involved? For example, backpacking requires equipment. Golf requires equipment, greens fees, and probably some instruction.
- Unless you're made out of money, there are some potential passions that might be out of reach. However, **there's certainly something you can do that will fit your**

## **schedule and budget.**

### **6. Consider the time required to engage in your passion.**

Woodworking in the garage is flexible. Traveling 100 miles to the nearest rock-climbing crag requires a real investment of time.

- Some activities can be done after work. Others are better suited to the weekend.
- When do you want to engage in your passion? What days and times are convenient for you?

### **7. Do a little exploring.** You wouldn't just marry someone you haven't met. You'd go on a few dates at least. Before jumping in with both feet, give a few of your options a try. Go watch a SCUBA class. Take a

complimentary ballroom dancing class. Buy some cheap artist paints and try your hand at landscape painting.

- Avoid dedicating a lot of time or money until you've experimented with all the potential passions that fit your time and money constraints.
- **Giving an idea a trial run can save you a lot of time and money.** Some things seem like a perfect fit, but you can never be certain until you've actually experienced them for yourself.

8. **Make a decision.** Finally, which activity do you want to pursue?

What is your passion? Have you ever asked yourself? Do a little experiment and ask your friends what their passion is. You're likely to get a lot of blank stares. However, you might get a few good ideas, too. **A midlife crisis is a sign that you're ready to have a hobby that you love.** So, find it and pursue it.

“When you hit your 40s, you begin to take notice of the effects of aging because people that you know begin to die of heart attacks and tumors, so we take notice of the effects of aging.”

- S. JAY OLSHANSKY

# Have a Spiritual Awakening

Your spiritual development can take a back seat to your career and family in your younger adult years. **There's a good chance that you're more interested in your spiritual development now than you were then.** There's also a good chance you have enough flexibility in your life to pursue your spiritual interests.

Spirituality is a very personal topic with no right or wrong answers. We all have a need to gain a better understanding of life, the world, and our place in it.

It's time for a spiritual awakening!

## **A regular spiritual practice provides amazing benefits:**

### **1. It provides clarity to your daily life.**

A spiritual practice grounds you. It provides a foundation that keeps your life steadier and more reliable. It's easier to make decisions when you engage in a regular spiritual practice. What is and what is not important becomes more obvious.

### **2. It elevates your mood.** When you're taking this time for yourself each day, your mood improves. **You feel like a more complete person,** rather than just a body going through the routine of living each day.

### **3. It decreases stress.** A spiritual practice reduces anxiety and stress. **Spiritual people have lower blood pressure and suffer from**

**depression less frequently.** You'll sleep better, too.

4. **It can provide a community of people that provide support.** You can explore your spirituality on your own. That can be the best path for many people.

- However, there is also the option of exploring this part of life with others. A spiritual community can be a great support system. It can do wonders for your social life, too.

5. **It helps you to learn more about yourself.** Exploring this part of life is a way of exploring yourself. You learn so much about yourself. Some of what you learn, you won't like. But, it's always better in the long run to know more about yourself. **A**

**spiritual journey is a journey of self-discovery.**

- 6. You develop a better understanding of life.** When you think about life, you learn more about life. Just asking the right questions will begin the process of developing your own answers.

A spiritual practice teaches you about yourself and life. **This can help to make your purpose clearer.** If you don't already have a spiritual practice, it's time to create one. The advantages are too significant to ignore.

“It's kind of like a midlife crisis kind of thing. When you turn 40, you have to run the marathon, while all the parts still work properly.”

- JOE BASTIANICH



# Exploring Your Spirituality

You know that spirituality is important, but how do you become more spiritual? What's involved? How do you learn? It's a vast subject, but there are plenty of materials and people to guide you along the way. Just start where you are and begin educating yourself and moving forward.

**Use these techniques to develop your spirituality and enhance your understanding of life and of yourself:**

1. **Remember that you're not the first.** It might be a very individual journey, but countless others have done the same journey. Billions of people, over many thousands of years, have gone before you. Many of these people were very

intelligent, insightful, and wrote down their thoughts and observations.

- Use the experience of others as a starting point. It's time to put your library card to good use!
- Of course, there are also many materials and information available online to guide you on your journey.
- Set aside a specific amount of time to read and learn each day.

2. **Spend some time being still each day.** Any spiritual practice requires you to be alone and still for a few minutes each day. Fifteen minutes is the recommended minimum.

- This is not a time to pray, find solutions, or planning your future. This a time to be still with a quiet mind. **It's about being fully present.**
- Stillness gives you the ability to be less reactive and maintain a reasonable perspective.
- Stillness connects you to your true self.

### 3. **Use your body in some way.**

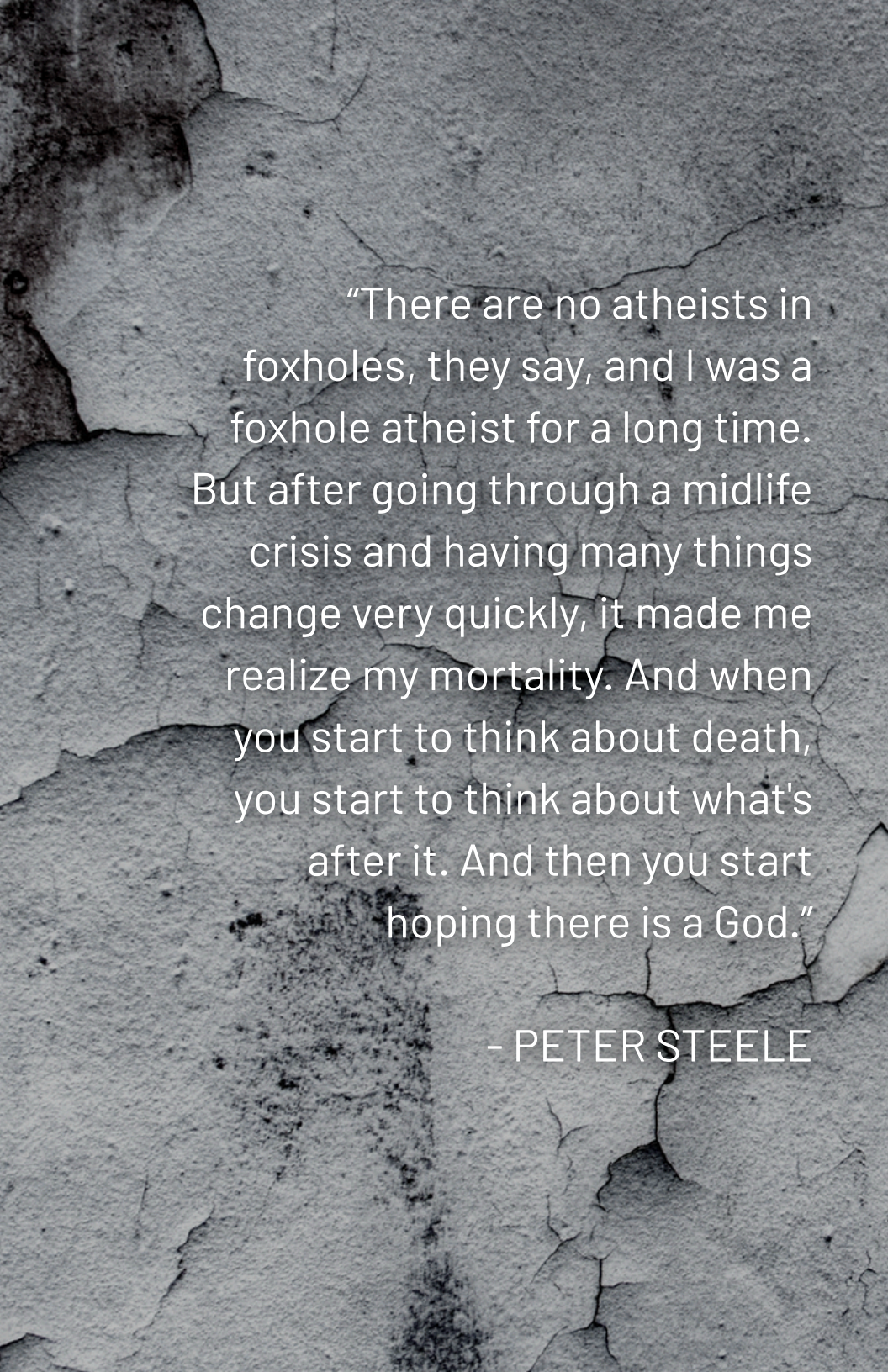
Spirituality isn't an excuse to ignore your body and physical health. Spend some time each day using your body. This can take the form of stretching, yoga, or general exercise. You're a complete being. You're not just a brain trapped in a body.

4. **Sleep and eat well.** Get enough rest. If you're sleep-deprived, your spirituality and perspective will suffer.
  - A diet high in processed foods isn't conducive to a spiritual practice either. **Your mind and body are working against you when you eat poorly.** Eat the way you know you're supposed to eat.
  
5. **Find a group of like-minded people.** Getting together with others that are also exploring spirituality can aid in your journey. You can learn from each other. There's bound to be someone in your group with more experience and insight that you can learn from.
  - You might find this group in a church, monastery, a yoga

class, or even in someone's living room. You can even find a community online.

6. **Read daily.** Find a good book on the subject that appeals to you and read each day. Once you've read something, **find a way to apply it to your life.**

Spirituality doesn't have to be complicated. Learn from those that have come before you. Use their wisdom and experience as a foundation for your spirituality practice. In time, you can develop your ideas, theories, and perspectives. **You can use your midlife crisis as a springboard to become a spiritual person.**



"There are no atheists in foxholes, they say, and I was a foxhole atheist for a long time. But after going through a midlife crisis and having many things change very quickly, it made me realize my mortality. And when you start to think about death, you start to think about what's after it. And then you start hoping there is a God."

- PETER STEELE

# Creating a New Stream of Income

A midlife crisis can be a good time to think about boosting your income in a new and exciting way. This might take the form of a side hustle, or it can be your very own business. You have more options available to you than you realize. There's something out there that you'd love to do that will also provide a new stream of income.

**See how a second stream of income can be beneficial during and after a midlife crisis:**

1. **Retirement.** It's never too late, or too soon, to set yourself up for a pleasant retirement. If you've finally gotten your kids out of your hair, it's time to shore up your retirement.

2. **Additional funds for exploring passions.** New activities frequently require money. Maybe you already have the funds available, but maybe you don't. Having some extra money to throw around opens up more opportunities than you might have had otherwise.
  
3. **Spending money in general.** Maybe it's finally time to enjoy the finer things in life, but you're not interested in raiding your savings. The earnings from a second income could be used to purchase those nice things that you've always been too practical to consider.
  - If you're finding yourself with more free time on your hands that you're accustomed to having, you don't want to waste that time sitting around the house watching



TV. With some extra money, you can go to the movies, go out to dinner, or participate in other activities.

- Save up for that fancy vacation you've always wanted to take. **Now is the time to focus on yourself.**

4. **It's a great way to get out of the house and make money at the same time.** If you don't like sitting at home, but would rather not spend money, a side-job can be a great option. You can get out of the house, make money, and hopefully have a good time, too.

5. **It can rejuvenate your social life.** Think of how many people you could meet working at a bar, coffee shop, or as a waiter at a restaurant.

You can expose yourself to a new crowd and earn some money, too.

A midlife crisis can signal the beginning of the most lucrative period in your life. Your expenses are likely to be lower than they've been in the recent past. You also have more time available to earn more money. More money and time sound like a pretty good deal!

"There's no such thing as aging, but maturing and knowledge. It's beautiful, I call that beauty."

- CELINE DION

# Second Income Options

A new source of income isn't just going to fall out of the sky. You'll have to do something to earn it. **Fortunately, there are countless ways to use your available time and skills to do just that.** A second income at this point in your life can open up the possibility of pursuing your passions and enhancing your life overall.

**Follow this process to maximize the benefits of your midlife crisis by creating a second income:**

1. **Go back to your lists of potential passions.** Review your list of passions for ideas. If you can monetize something that interests you, you'll have an enjoyable way of making additional income.

- Go through each item on your various lists and ask yourself, “How can I generate income with this?” Take your time and give it your best effort.
2. **Go back to your list of strengths, talents, and skills.** You’ve already listed the things you’re good at. Consider how you can use those strengths to earn more income on the side. Again, give this a solid effort and really think about it for a few days.
  3. **Review your available time.** When are you available to do additional work? Weekends? After work? Are you only free on Thursday nights? How will this fit in with your passion and your purpose? Do you need a part-time job with a flexible schedule?

4. **Determine your long-term objective.** What are you trying to accomplish long-term? Are you hoping to make a full-time career from this? Are you just looking for some spending money? Is this a way to spend some time on your purpose and make money at the same time? Are you simply trying to get out of the house and make money instead of spending it?

- Some options will have more potential for creating a full-time income than others.
- In some cases, the pay might be more important than the level of enjoyment. Or, perhaps the opposite is true.

5. **Make a decision.** Again, it's important to choose and get started. A midlife crisis is often

grounded in resentment. **You can avoid creating additional resentment by taking control of this part of your life and making an intelligent decision.**

**Here are a few ideas to spark your thinking:**

- **Work at a gym.** You'll get a free membership and meet a lot of health-conscious people.
- **Work at a bar or restaurant.** This can be a great social atmosphere. You can earn a lot of money from tips if you find a good place to work. You might even get free food in the deal.
- **Clean houses.** The money can be good if you stay busy. It can be a great way to spend some time alone and keep your hands busy.

- **Find gigs online.** There are plenty of options: Upwork, Freelancer, Elance, and many others.
- **Tutor or be a consultant.** Consider your areas of expertise and help others.
- **Buy and sell.** There are a lot of people that make good money scouring craigslist or yard sales for underpriced items and then reselling them for a nice profit.
- **Walk dogs.** Great exercise, and you can spend time with animals.
- **Affiliate marketing.** If you're not familiar, affiliate marketing is when you sell someone else's products and receive a commission. This is primarily done online. You build a website and sell products. It's not

easy, but there are people that make millions doing it.

These are just a few ideas. Give yourself a little time to compile your own list of ideas. There are plenty of people in the world with money to spend. Give them a good reason to spend it on you. **Apply your strengths and interests to a need that you see in the world.**

The result is a second income that will allow you to maximize the benefits of your midlife crisis.

“With aging comes physical and emotional challenge. We cannot seem to get as much done in an hour as we did in youth. And it is harder to be patient with others, and they seem more demanding.”

- HENRY B. EYRING



# Start Your Own Business

Maybe your dream is to own and run your own business. This can be a risky proposition with a young and growing family. However, your obligations might be a lot lighter these days. Maybe you've even saved enough money that you have nothing to lose at all. It might be the best time in your life to finally start that business!

Here are a few considerations to keep in mind:

- Be realistic about your income needs and the likelihood of success. If you're behind in your retirement savings, it might be better to keep your current full-time gig and also earn some extra money on the side.

- Most people that own their own business discover that it's a lot of work - much more work than the average job. And, no one is paying you while you're chatting by the coffee pot, surfing the internet, or checking up on Facebook. You have to actually work when you own your own business.
- However, if you're financially in a good place, or very determined, your own business might be the best decision for you.

### **Tips for Starting a Business:**

1. **Minimize your financial risk.** Some businesses require a lot of investment. If possible, it would be best to avoid these types of businesses. Banks want their loan money back. What happens if you invest in a lot of inventory and you

can't sell it?

- A dog-walking business requires a leash and a phone. A vehicle is necessary if public transportation isn't sufficient.
- A used car lot requires quite a few cars and real estate.
- Leasing heavy equipment would require millions of dollars in equipment alone.

2. **Expect it to require more time than you think it will.** Consider how much time you believe your business will require and add 50%. Would you still be willing to do it?
3. **Have a long-term focus.** Again, consider what you ultimately want out of this. If your desire is to make

\$200,000 per year, that's a lot of dogs to walk. You'd certainly need to hire multiple people. How many people can you tutor in a week? How many lawns can you mow?

- Be certain your business idea is capable of meeting your income goals in the long-term. Certain types of businesses are difficult to scale.

4. **Avoid starting a business just because you hate your job.** It's easier to find a better job. Avoid using a boss you despise as a reason to run to self-employment. Owning your own business should be highly exciting to you, not just a better alternative to your current employment.

- **Be running toward self-employment, and not just fleeing a job you hate.**

If owning your own full-time business has always been a dream of yours, now is the time to do it. **A midlife crisis is a signal that you're ready for a big change in your life.** Maybe this is the change you need. Starting and running a business is a big commitment. Be sure you're highly motivated!

"It's only through aging and going through heartbreak and loss and successes and failures that you can look back and look at the mistakes some young people make."

- ILIZA SHLESINGER

# Conclusion

A midlife crisis might be challenging, but it might not actually be a crisis. It's a signal that you're ready for something more. It's a tap on the shoulder indicating that it's time for a change. **This can be one of the most exciting times in your life if you take advantage of it.**

Now is the perfect time to re-evaluate your life and purpose. You can build your life around something that you believe to be meaningful. You can have a compelling reason to get out of bed each day and conquer the day.

This is also a great time to explore your passions and find a hobby that's exciting to you. **With a purpose and a passion or two, your life can be far more compelling than you might think.** Spending your time in a meaningful way and having

something fun to look forward to regularly is a pretty good life!

A midlife crisis is also a good opportunity to further explore your spirituality. After all these years, it's likely that your view of life could use an update. You have the time and wisdom for that now.

Finally, you're in a position to boost your income and your potential to fully explore your interests. You can even start your own business.

A midlife crisis is starting to sound pretty good! **Use your midlife crisis as a new starting point.** You have a lot to look forward to!





"From my perspective, there's no reason to be afraid of aging, because if you age, you're lucky! The alternative is death."

- DREW BARRYMORE