



ELMBROOK  
CHURCH

# 50+ PLUS!

*What Now?*

LOVING THE NEXT YEARS OF YOUR LIFE

# My Next Thirty years



# Session 2 objectives - Page 14

- Review your vision
- Managing your time

# Table discussion - Page 14

20:00



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# Session 2: Managing your time so you can pursue your vision - Page 14

- Life's changes can consume your time
- What are some of the changes that you may face after 50?

# Positive vs negative view of life - Page 15

- Life doesn't get easier
- Anticipation changes
- Depression and suicide

# It takes time to heal - Page 15

- As you are healing, find time to focus on your vision
- Don't let grief stop your vision

# You need a plan for your time - Page 16

- Why is our focus on financial planning?
- Yale University
  - What would you do if you found \$100 in your coat pocket?
  - What if you 'found' an extra hour (meeting cancelled)?



# Happiness is not out of your control - Page 17

- UC Riverside
  - 40% of happiness is up to you
  - Happy people do happy things
- Just because you are over 50 does not mean that your life is over!

# Let's do the math - Page 17

- US average age at death is 78.7
- $50 + 30 = ?$
- What percentage of your life is left?
- 30 years at 14 hours per day = ? hours
- How are you going to spend the rest of your life?

# Table discussion - Page 18

15:00

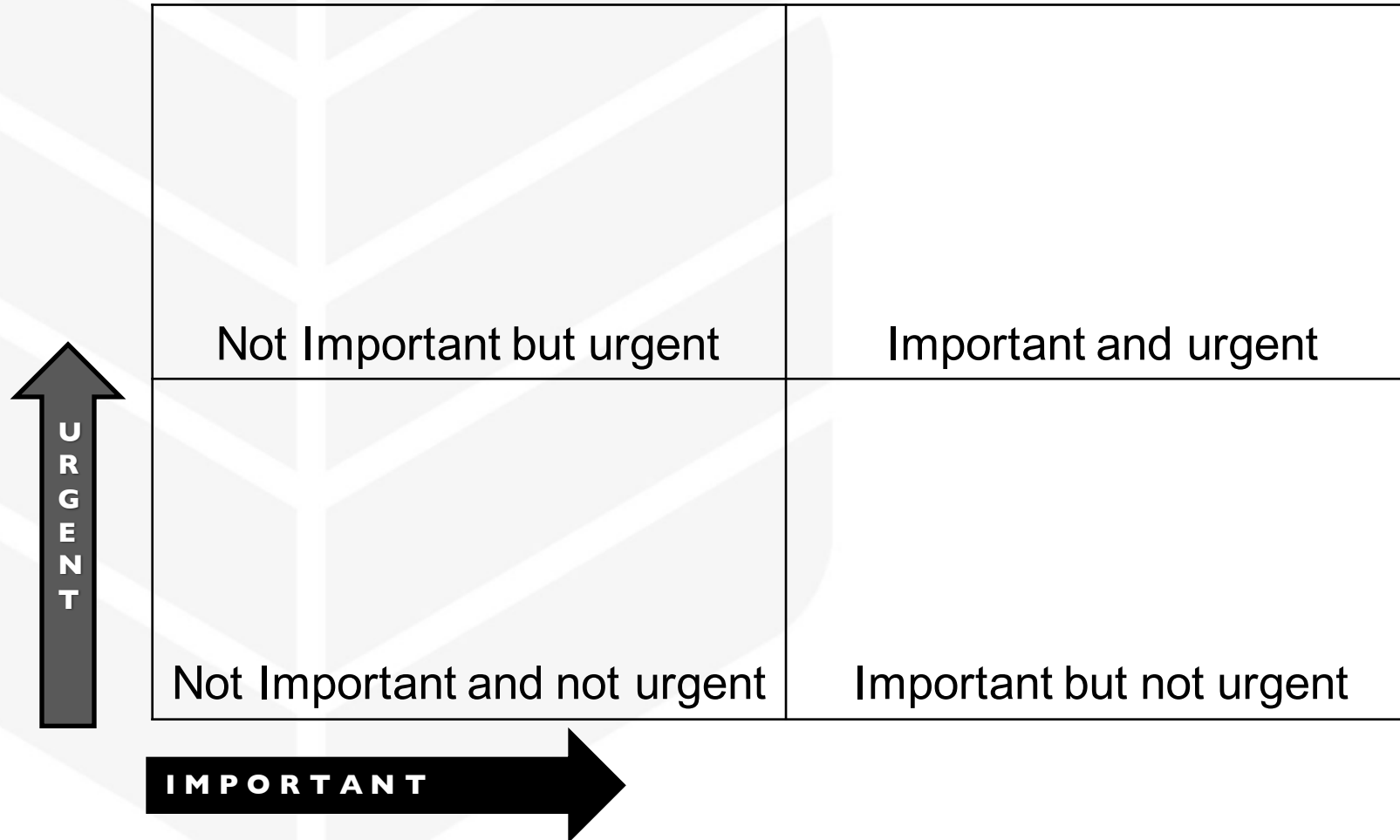


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# Video on time - Page 18

# Managing your time - Important vs. urgent -

## Page 18



What are some of your tasks that fit in each box:  
(Answers & Additional Thoughts on 44-48)

# Table discussion - Page 19

Time Remaining

**12:00**

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# Homework - Page 19

- Review/update your personal vision
- Develop a plan for your time
- Robert Waldinger TED Talk – will send link
  - <http://www.elmbrook.org/50-plus-what-now/>



# You are making great progress!

- Next week: Same night, same time, same location



# Thanks for you time!

- “Time is what we want most, but what we use worst.”  
--William Penn
- “The key is in not spending time, but in investing it.”  
--Stephen R. Covey