

9 Secrets To Get Unstuck In Your 50s



Suzy *Rosenstein*
the midlife coach

9 Secrets to Get Unstuck in your 50s!

By Suzy Rosenstein, MA, Master Coach & Midlife Mentor

It's time to have more fun in your 50s!

You know it and so do I. You're feeling stuck and you're tired of watching your own life pass you by. You just can't take it anymore. You know there's more out there for you. But you just can't figure out how to get there.

Here's the deal. Dreams are key to getting unstuck and being happier in midlife.

Dreams are focused on the future. They can seem out of reach. Far away. Like something that's for someone else and not for you. BUT THOSE ARE JUST THOUGHTS!

What if you were OPEN TO THE IDEA that this kind of future thinking and planning could be part of your life too? What if you even accepted your responsibility to create them? It will take some work, but you can start right now.

Here are 9 secrets to get unstuck in your 50s

9. Tune into your thinking.

Catch yourself in the act of thinking about what you tell yourself you can't do. How do you close your ideas down? Why do you tell yourself that you can't do or have certain things in your life? Do you hear yourself thinking things like, "I'll never be able to do what you really wanted to do" or "it's too late – I missed my chance." Or even, "I'm stuck and don't know what to do."

Think of yourself as a watcher of your thoughts; you're not your thoughts. You're separate from your thoughts. Think of your thoughts as floating around you. Watch them. Look for them. Be curious about them. And consider that you don't need to be at the effect of them. A great way to catch yourself in the act of thinking is to start writing this stuff down.

DO THIS: Dedicate a notebook to journaling what's going on in your mind as you're working on thinking about your future. These thoughts are optional and aren't serving you. Becoming more aware of your thinking is empowering and gives you the control you're looking for.

8. Notice your feelings when you think about what's possible.

Thoughts create your feelings. So the better you get at noticing what you're thinking, the more you will see the emotions you're creating for yourself. Some will be useful and some won't. This is great news because you can train yourself to notice the connection of how your thoughts make you feel. The thoughts that make you feel "funky" will be the ones you want to supervise more.

Think thoughts on purpose that create the feelings you want, that is, the feelings that will help you move forward and bust out of your midlife funk. If you want to feel more motivated, ask yourself what you would have to think to feel that way. If you want to feel more excited about what's possible, work on creating a thought to help yourself experience that feeling.

Yes, it sounds planned...because it is! You can't trust your brain to just think these thoughts when it's out of practice. But you, my friend, can absolutely think thoughts that are in line with how you want to feel to lean IN to your future instead of leaning BACK out of fear, confusion or overwhelm.

DO THIS: Make a list of three feelings you want to feel on purpose and come up with ways to think that create those feelings for you. Remind yourself to think the thoughts by putting reminders in your phone, on sticky notes, in your calendar, etc. Works like a charm!

7. Notice your excuses.

Once you get better at "hearing" what's going on in your head, you'll also get better and better at "watching" your thoughts, and also much better at listening to your excuses. You will most likely have many of them.

This is common. Perhaps you tell yourself you're too busy. Perhaps that you're too old. Excuses are just thoughts. And thoughts are just sentences in your mind. They're not reality. Busy people find time to do things they prioritize. Older people find time to try new things. Take note. Be amused by your fascinating self.

DO THIS: Be on the lookout for at least five common excuses you have regularly that keep you stuck. Write them down. Notice how you feel when you think about each one of the excuses, which are really just thoughts (or optional sentences in your mind). Create five new thoughts for what you CAN do.

For example, if you always think, "I'm too busy to learn to paint," recognize this as an excuse. What could you think instead that would allow you to dream about figuring out how to learn to paint and write down that new thought (perhaps "I'm curious about how I could learn to paint in my city"). Then, notice how that new thought

makes you feel. If it's a useful feeling, that is, if it motivates you to take action, then practice thinking it.

6. Appreciate how you're unique.

Just like snowflakes, no two people are alike. What makes you unique? What are the things about your personality that you think are special to YOU? In midlife, it's super common to be on autopilot and never think about this. You just do what you've been doing for years without much reflection.

For example, for me, I would write down things like I'm short, I love whale watching, I'm artistic, I love photography, I experienced a trauma in my childhood, I came from a large family, I have three sons, I'm a dual citizen, I love birdwatching, etc. You can get more specific too.

This specific combination is unique to me. Only me. These things have shaped my personality and my life. These experiences are mine and have created who I am today. You are also uniquely you and your lens on the world is also unique to you. It's important to get a sense of what this is for you.

DO THIS: Create a few pages in your journal to write about what makes you unique. Think about your passions, affinities, likes, dislikes, sense of humor, experiences, education, skills, background, travels, careers, values, training, family life, etc. You will likely see themes. This reflection will help you move forward because you'll have a better sense of your amazing self and what you're always attracted to and good at...perhaps even what you want more of in your life.

5. Look for what has always brought you joy.

Allow yourself to take a step back and look at your life overall. Think of your life as chapters in a book and start making some observations and notes about the things that have always attracted your attention, made you happy and took up your time. Whatever brought you joy in the past is highly likely to bring you joy again and will be key to your future "defunkification."

DO THIS: Ask yourself:

- *What have you always loved?*
- *What have you always found time to do?*
- *What have you always been good at?*
- *What do you see on the list? Any patterns, intersections, trends?*
- *What clues are here to what you could add into your life again for more joy?*

4. Honor your mini-dreams.

What's a mini-dream? It's a brainstorming or a thought-starting dream – not necessarily the dream you're going to dedicate time and money too, but ideas to get you going. Get ready to do a bit more writing in your journal, or, start a file on the computer or phone. Either way, try to set aside some time every day to write or at least note some observations. Even just a few minutes a day. Even if you have nothing to write about. You will eventually.

At the beginning, start thinking about mini-dreams by thinking about hypothetical questions. Something simple like the one I always think about: *What would I do if I won a large sum of money?*

This is an awesome question to jumpstart dreaming. What is the first image that you have? This is really important. Try to get at the thought that snuck in before you could squish it back down. You know, the sneaky little thoughts that would prevent you from thinking more about it. It's really common for negativity to rear its ugly head when we start to dream.

DO THIS: Answer these questions to trigger some insightful thinking about what you love, value and want.

- *What is my dream job (and why)?*
- *What would I do if I won the lottery?*
- *What would my dream house look like? Where would it be?*
- *What would I want to do with my time if I didn't have to work • Where are the three places I really want to visit someday? Why?*
- *What is a regret that I have or am afraid of having?*
- *Which famous person would I love to have lunch with?*
- *What talent or gift do I wish I had?*
- *Why is my best friend my best friend?*
- *What did I dream about when I was a kid?*
- *What did I think I wanted to be when I grew up and why?*
- *What do I value most about my parents? My favorite teacher?*

3. Waste less time.

We all waste plenty of time in our lives. It's not about having every minute of every day scheduled, but you can be more mindful about how you spend your time. If you think you waste time, you can make a plan and reclaim some of your valuable time and make it more intentional. Wasting time can make you feel even more busy. It's the easiest way to find some time, and for sure, you can use that.

DO THIS: Do a time audit. Track your time for a day or two. Write down what you do and how long it takes. Take special note of social media and Netflix. Then, reflect.

Ask yourself how you want to spend your time and make a plan accordingly. For example, if you don't like how much time you're surfing and scrolling on Instagram or Facebook, consider setting a timer and cut your playtime by half. This will free up more time for things that you want to focus on purpose and will be an important part of finding more time to focus on the plans for your future.

2. Think about being green with envy.

Envy can be a highly useful emotion because it can give you insight into what you really want. Think about the times you have noticed that you actually felt inadequate or envious because you wanted what someone else had. This is a giant clue for you to appreciate. Envy is trying to tell you something. Notice what it is.

DO THIS: Write down at least two or three times you remember feeling envious. For me, it was when I saw someone working in her needlepoint shop; I couldn't believe how fantastic it was that someone made a business out of her hobby.

When you were envious, do you know why? Was it the lifestyle you wanted? Was it a specific job that got you intrigued? Was it a relationship that someone had? What was it for you? Noticing the specifics of what made you feel this way will give you insight into what you really, really want and what really gets you excited. Ask yourself what kind of person you would have to become to have what you envied in your life too? Notice what comes up for you.

And the number one thing you can do to get unstuck in your 50s?

1. Change something in your life! Start small, but make a change.

Growth can be challenging. It can be scary and full of discomfort. Interestingly, it's not usually something you do naturally. When you aren't hyper aware of pushing yourself forward, you stagnate. This is super common and a reason why so many are in a midlife funk in the first place. The thing is, when you avoid discomfort, you don't evolve. It's the opposite of growth.

If you want to grow, you have to get more comfortable with discomfort. Remember, discomfort and comfort are feelings. They come from your thinking, which is optional. So, if discomfort is accepted as a normal part of growth and pushing forward to be happier, it helps you do scary things.

Just because you're fearful doesn't mean you shouldn't do it. Are you up for the challenge of actually living a life without regrets? Living more intentionally will get you there.

DO THIS: Ask yourself, when's the last time you made an intentional change in your life? Started a new routine? Kicked fear to the door and did "that thing" you wanted to do anyway? Took a break from just doing the same ol' thing every day? It doesn't really matter what it is. The important thing is that you decide that you're going to do it and then you do it. Shake things up. Take a small step. But do it because you want to do it...and keep going!

Remember, this is YOUR life. Life is short. Now that you're older, you probably understand this more than ever before. Don't just let life happen TO you. Make your midlife chapter more intentional. You can live your next chapter differently than you have been living to date. You don't have to keep simply going through the motions of life.

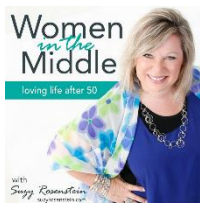
You can pause to think.

You can pause to connect with yourself.

You can pause to dream.

You can regret-proof your life.

You can absolutely have more fun in your 50s and beyond.



Want more help?

I'm so glad you decided to get unstuck in your 50s and beyond, finally! These powerful thought-starters can absolutely help you get more excited about your life!

TAKE A STEP TO LEARN MORE!

Download the FREE "GET UNSTUCK IN MIDLIFE PODCAST BUNDLE"

There's a lot more midlife goodness here. These are my most popular podcast episodes for getting unstuck. INSTANT ACCESS! Grab it now!

<https://suzyrosenstein.com/podcast-bundle/>



WANT TO KEEP GOING & GET UNSTUCK FASTER?

The Women in the Middle Academy is a place for midlife women (age 50 and up, or close to 50) to focus on one question: "What do you really want during this chapter of your life, and what's the plan to make it happen?"

Through the Academy, my mission is to help you regret-proof your life. It's time to be happier. It's time to stop waiting! During your 50s, 60s, and beyond, I want you to feel alive, passionate, inspired, feeling your best and excited for each new day.

The [Women in the Middle Academy](#) is a dynamic and unique six month coaching program and community; it's open to women from all around the world. We work together online. You can participate from anywhere.

HERE'S THE BOTTOM LINE: When women come together around a shared goal, magic happens. If you're craving something more and are curious, take the first step. Book your ["MOMENTUM" Call](#) and let's discuss your situation and goals...so that you can decide if you want to join us and make sure that you learn to love your life again!

THANK YOU FOR JOINING MY COMMUNITY!



As your midlife coach, it's my pleasure to help you start thinking about specific ways to get you going again. It's my passion to help you find yours.

I want to live in a world where aging is cool and thinking about what's possible is fun. As a master certified life coach, midlife mentor and entrepreneur, I'm more creative, having more fun and more fulfilled than ever before.

I've been able to help 1000s of women get unstuck and get excited about their lives again through private and group coaching, blogs and the popular podcast (with over 1 Million downloads) [Women In the Middle: Loving Life after 50](#). Listeners and clients love that my work is refreshingly upbeat in the way I coach about the ups and downs of midlife with wisdom and humor.

When I'm not coaching, I can be found hanging with my family, playing with my big, slobbery dog, talking to my chatty parrot, taking pictures or watching whales.

Visit my website: Suzyrosenstein.com