

# 6 Keys to Flourishing in the Second Half of Your Life

How to make your second half your best half





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## How to make your second half your best half

We all have the potential to thrive in the second half of our lives, but studies show that 75% of us will plateau or decline in our second half.

Why?

Because key areas that should get our focus in the mid years often are ignored.

We all experience one or more of the signs that tell us that a shift is coming.  
Have you noticed them? Are you paying attention?



# The Affirming Signs

Some of us experience affirming signs. These signs are notifications that a necessary shift is on the horizon. They alert us to the need to pay attention and increase our awareness in key areas that need our focus to set the stage for a flourishing second half of life.

- You may be feeling a stirring within you that things are changing.
- You may have an excitement inside--a desire to grow and develop your leadership.
- You may have experienced success but are now looking for a deeper purpose.
- You may sense it is time to reassess everything. Something has prompted you, made you pause and rethink your life and leadership.
- Your life may have reached an ending point. Your current role is ending.
- Or you've sold the business.
- Perhaps your house is about to be empty with your children growing up and leaving home.

Whatever the reason, the signs all point to...

**"Ok, What's Next?"**



# Or, the Warning Signs

Instead of affirming signs, many more of us are experiencing warning signs that a deep shift is needed.

When people are asked, "What's the most unexpected thing you've noticed at midlife?", most of the responses show how surprised and unprepared people are for what midlife brings. Unexpected is the key word here.

The common answers to the question represent the warning signs and they usually fall into one or more of the following four categories:

## **Physical Changes**

You see a change in your body, metabolism, and energy levels. You thought you'd be "forever young," but now you know that's not true. Beyond just noticing these physical changes, there can be a realization that you cannot keep the pace that you used to. Frequently, there are feelings of deep fatigue or even burnout.

## **Setbacks**

You are not where you expected to be at this stage in life, generally because of unexpected setbacks like conflict, divorce, losing a job, health challenges, or accidents. These hard hits of life can take the wind out of youthful optimism and dreams.



## **Deep questions and wonderings**

It is normal for midlifers to expect to have things figured out by now but instead face profound questions and uncertainty.

"Is this the best that life has to offer?" is something heard a lot. In this stage of life, you have a feeling like life needs to be reconsidered deeply, but the pressures of life can make it difficult to focus and prioritize on anything other than the day to day.

## **Restlessness**

You begin to wonder, "What's next?" There's a restlessness, boredom, a loss of passion, wanting something new, or needing something more fulfilling. Sometimes this can be triggered by a major life change like becoming an empty nester. Often, it's from a desire to ensure that your life is about what really matters, not just holding down a job. Questions emerge like, "Do I want to keep doing 'this' the rest of my life?" or "Is there something else I'd rather do before it's too late?"

The warning signs may bring with them a sense of frustration. But, just like the affirming signs, the warning signs all point to an important question that needs answering in order for you to flourish beyond this season.

Whatever the reason, the signs all point to...

**"Ok, What's Next?"**



# The Good News...

The good news is that both the affirming signs and the warning signs are normal for leaders in mid-years of life.

Both types of signs point to the fact that you are between two worlds. One world has ended, and the other is not yet fully here.

**You are in what's called "the neutral zone."**

This neutral zone can be very uncomfortable and is the one place everyone hates to be. Consequently, there is a tendency to try to fill the emptiness and uncertainty as quickly as possible.

But that could be the biggest mistake of your life.

There is gold that needs to be refined during the pressure or uncertainty of the neutral zone. It's the incubator for the greatest transformation of your whole life.





## **The Potential of Your Second Half**

While most people plateau or flounder in their second half, it does not need to be that way. If you engage it the right way, your second half of life can become your best half

- You have life experience.
- You have mastered skills.
- You have a network of relationships.
- You have some finances.
- Now is the time to find your deeper purpose.

**If ever there was a time for your best serve, it's in your second half!**



# So, What Should You Do?

You know that something needs to shift for you to flourish.  
it's not enough to hope that things will change.

You'll need to take action.

But action must come only after a deep reflection about your life and leadership.  
You will need to focus and re-assess to find clarity.

This is a deep shift, and not a quick fix.  
You will need to pause and think deeply about six areas.  
A flourishing second half is NOT automatic.  
It requires an intentional journey.

**Here are the six keys...**





# 1. Get Ready for CHANGE

It is natural to resist change (even change for the better) or avoid pain in difficult seasons.  
Don't let this stop you!

- Recognize that some things are ending.
- You're at a crossroads in your life.
- A transition is coming.
- Begin to pay attention to the desire for something new to step up to.
- You may sense an emerging vision for something else, different than your current job, something that is grabbing your attention and heart.

**Change is necessary to flourish**



## 2. Refocus for CLARITY

By the time you reach the middle years of life, youthful certainty has been challenged by life's experiences, and you may be not so sure about many things.

It's time think again, but deeper this time, with greater awareness and knowledge.

This need for clarity may come in the form of thinking or feeling things like:

- I'm looking for something new, something that connects with my deeper passions—not just having a job.
- I want to start my own business, rather than just working for someone else's vision.
- I am too busy and getting tired. I need to focus on what really matters, but I don't know how to make that choice because lots of things matter, and I don't know how to prioritize.
- I need to re-evaluate the direction I'm taking in life.
- I'm feeling lost in my direction now that the kids have moved out.
- I am unsure vocationally with what I should be doing.

**Pay attention to what these messages are telling you.  
They have key insights that you will need to unlock going forward.**



### 3. Work on SELF-IMPROVEMENT

An important realization in this season is that what got you to this point in life cannot take you where you need to go. Part of the shift that's required is in perspectives, abilities, and activities.

The need for self-improvement may come in the form of thinking or feeling things like:

- I want to be more effective in life, not so harried.
- I want to discover how to keep growing and reach my full potential.
- I want to find my maximum effectiveness.

**Like students who complete years of general studies before selecting a subject of focus, your youthful years are more general in nature.**

**It's time to change gears in your second half of life and move in a more specific direction.**





## 4. Strengthen your LEADERSHIP

The second half of life is the time when greater effectiveness in your leadership is both possible and necessary.

This need for strengthened leadership may come in the form of thinking or feeling things like:

- I want to get in tune with what God has for me.
- I want to become a confident leader of my household and business.
- I'm stepping into a new time of life after selling my business.
- I want better leadership skills for ministry.
- I want to rub shoulders with other leaders to grow my leadership capacity.  
It's lonely at the top.
- God has called me to serve leaders. As my responsibilities grow, so does the need to be proactive and diligent about my own growth.

**This desire to make an impact through leadership  
is a hallmark of the second half of life done well.**

**Begin to lean into leadership development opportunities,  
building on what you've learned and achieved so far in life.**



## 5. Invest in EDUCATION

Many people don't pick up another book after completing high school. Life becomes busy and many demands and responsibilities take centre stage. To finish well, a shift is required and investment in education is vital.

Recognizing the need for education may come in the form of thinking or feeling things like:

- I want to invest in a learning opportunity that could transition into something else.
- I look forward to a relational environment of learning and accountability.
- I believe in lifelong learning, but I want it with a practical focus, not an academic exercise.

**Leadership is optimally taught in a non-formal setting by practitioners sharing best practices and proven principles.**



## 6. Plan to FINISH WELL

The sixth area of focus is on leaving a legacy and finishing well. In order to do so, planning, action, and support will be required.

You may find yourself thinking or feeling things like:

- I want my life to have mattered, to have been engaged with something really important—not just holding down a job.
- I want to leave a legacy of blessing.
- There's something else I really want to do before I get too old.

For 20 years, CREST Leadership has been working with leaders just like you to help them flourish in their mid years and the second half of their life and ministry.

Our specialty is in helping you find clarity so your second half can be your best half.

**The need for these vital conversations and to be supported in your plan to finish well is why we created the CREST Leadership Academy.**





# CREST Leadership offers two credentials:

## Diploma in Christian Leadership

- A two-year journey of guided reflection over your life and leadership, helping you clarify who God has made you to be, and how you can optimally lead a flourishing second half of life



## Master in Christian Leadership

- With an additional third year you can earn a Masters degree, in which you focus on a significant project you will engage in the second half of your life. This project becomes a significant focus for your second half, through which you can make a significant contribution.



**Check us out at: [www.CRESTLeadership.Academy](http://www.CRESTLeadership.Academy)**