



## **TOPIC: MOTIVATION**

### **TITLE: THE MID-LIFE CRISIS OF THE MILLENNIUM**

May 29, 2001

It seems to me that the world is changing, and for many of us, our perspectives on life are changing too. More and more people are making drastic changes in their lives, to get more in line with who they are, their contribution to this world, and their values. It reminds me of the common mid-life crises we've always heard about.

I used to hear about people going through "mid-life crises" often. They would hit a certain age and it would suddenly occur to them that they were getting older, and were missing out on something. For many, they would attempt to regain their youth by buying a sports car, changing their look, entertaining with a younger crowd, etc. They would adopt the "life is too short" mentality and try aggressively to live out what they might have missed.

Today's mid-life crisis is quite different: it's not about regaining your youth, but living a truly fulfilling life. The difference is quite simple- instead of feeling like they are getting older and are missing the excitement of their youth, people are now deciding that their life is not fulfilling, and making drastic changes. For some, it means quitting their jobs to begin completely new careers, helping the poor or unfortunate, working in mission in an undeveloped country, or climbing Mount Everest because it's something they've always dreamed of. For others, it's achieving better balance in their lives, taking a large role in raising their children, or volunteering their time for a cause close to their heart. Today's mid-life crisis is about living the life of your dreams: playing a bigger role in this world, experiencing life fully, and being fulfilled with a sense of being, contribution and worth. It's not about how much money you make, your job title, or the size of your home. It's all about the quality of your life: what you are experiencing, giving, seeing, knowing, trusting and living.

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With this in mind, I invite you to live your mid-life crisis now. Take a look at the contribution you're making, what you love to do, and make the drastic changes in your life to truly make it fulfilling. For many of us, that may be as simple as doing some volunteer work, achieving more balance, or changing careers. For others, you might be called upon to make drastic changes. My invitation for you is to take a look today, and make a commitment to make the changes you desire.

What is it for you to have a full, rich life?

How are you withholding yourself from your dreams?

Where and how are you limiting myself?

What are you settling for? What are you denying yourself?

What is your contribution to your community going to be? To the world?

When you are ninety-five years old, what do you want to say about your life?

If you could do it over again, what would you do differently?

If you could do anything you wanted to, what would you do?

My challenge for you this week is to begin your mid-life crisis now. Take a hard look at your life, decide what true fulfillment means for you, and begin to make the changes you need to make to live the life you've always dreamed of.