

GLADYS.C

RENEWED

Like The

EAGLE



The Best Is Yet To Come.

Discover How To Kick-Ass At Life After 40

Copyright © 2020 Renewed Like The Eagle

All rights reserved.

Published by Gladys.C

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopied, recorded, scanned, or otherwise, except as permitted under Canadian copyright law, without the prior written permission of the author.

Notes to the Reader:

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

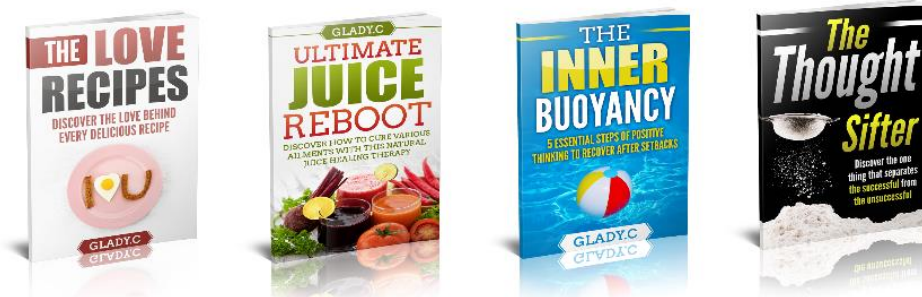
Contents.

Introduction.....	4
How Reading This Ebook Can Help The Readers?	5
Why “Go Ahead and Love Your Age” is good and important?.....	7
14 Things To Love About Turning 40.....	12
The Best Is Yet To Come.	18
Why It’s Never Too Late to Change Their Life and Live Differently.....	21
What should you do once you’ve realized it’s NOT too late to make a change?	24
4 Steps That Will Make It Easier For You To Get Started	26
How to Live Differently	28
The Best Ways to Conquer Your 40s.....	30
10 Ways To Love Life After 40	43
Conclusion.	46

Introduction.

There's no doubt that when we get to the BIG “4” we begin to look at life a little differently as we become a little bit (or even a lot) more aware of time running out. We can choose to carry on as we always have or, if we really want to create a life we love and make the most of our future, then we can pull up our big girl pants, untie that string and let go of the stuff holding us back (and weighing us down). Because this is the perfect time to finally let go of the old stories, the bad habits, and all the crap we've accumulated in the past, and make room for more of what we love.

Hi! I am Gladys. I'm the author of 4 previous books: The Love Recipes, Ultimate Juice Reboot, The Inner Buoyancy and The Thought Sifter.



I am turning 40! Frankly speaking the number doesn't bother me at all, as I always believe that age is just a number. It's the attitude within us that determines whether we are young or old. In fact, I realized that it's just the NEW beginning of my life!

Want to know what exactly do I mean by saying “it's just the new beginning”?

Find out more in this eBook. Enjoy reading!

Stay strong and beautiful ❤️

How Reading This eBook Can Help The Readers?

While you're in your twenties, you feel on top of the world. Your thirties? Still living your best life. But once you crossed 39 and 40 rolls around, it's not uncommon to officially start to feel old. But that doesn't have to be the case.

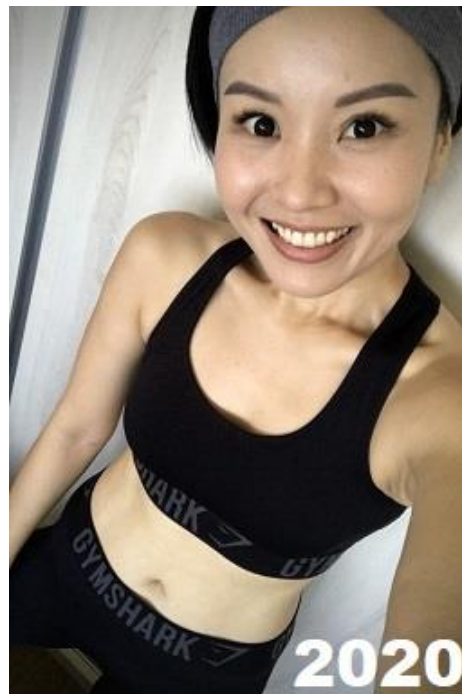


This book will inspire and motivate you to live your life at large even after you have turned 40. If you want to make your forties better than ever, jot down all the fun, easy, and science-backed ways mentioned in this book to feel young again.

Whether it feels like it or not, 40 is the new 20, and there are plenty of things you can do that will make you feel just as good—if not better!—than you did when you were half your age, no Fountain of Youth required. Whether it's finally signing up for those yoga classes at your local studio or going to bed at a decent time, it won't be long before you're doing laps around your kids.



*(A candid photo took by my girl's teacher during a school field trip (June 2019), I've put on so much weight and struggling with binge eating addiction which I don't even realize it.... *Facepalm* 🙄)*



(A photo taken in January 2020. Finally! The "11 Line abs"! It was unbelievable but I did it! During my fitness journey I've shred 8kgs in total and still working towards the goal of my desire weight...

Follow me in "RENEWED Like The 🦅" email newsletters and I will share with you more 😊)

Why “Go Ahead and Love Your Age” is good and important?



1. You may have a more active social life.

Researchers found that although people have fewer close relationships as they age, they compensate by becoming more involved.

2. Your outlook on life is sunnier.

Younger adults pay more attention to negative information, while those ages 55 and older focus an equal amount of attention on the positives and negatives in life, according to research from the University of Colorado at Colorado Springs.

3. You're more generous.

A university in Singapore found that older people are more inclined to donate more to strangers than younger people are.

4. Simple pleasures bring more joy.

A 2014 study showed that while extraordinary experiences contribute to happiness at all stages of life, older people felt that everyday moments—like talking to kids or eating good food—brought them more joy, compared with younger people.



(Café latte makes me HAPPY! 🍵😊)

5. You're less jealous.

Young people are more envious than older adults are, particularly regarding appearance, romance, and social success, a 2015 study found.

6. Your overall quality of life is better.

People ages 65 and older were more likely to say they were thriving in key areas—purpose, social, financial, community, and physical—compared with younger age groups.

7. You probably won't feel like a senior when you're a senior.

One study found that people ages 70 and older reported feeling about 13 years younger than their chronological age.

8. You aren't as easily duped.

While some experts have argued that older people are more vulnerable to consumer fraud due to decreasing cognitive skills, Canadian scientists found evidence that older adults may be less-frequent victims than other age groups. Why? Some aspects of aging—such as increased experience and changes in lifestyle and income—may protect older people from falling for fraud.

9. A slower brain might be a positive.

Research shows that although the brain slows with age, it may actually be because older people are processing all the information they've retained over the years.

10. You're better at solving problems.

Older people are more adept at thinking of creative solutions than younger people are, research shows.

11. You'll live longer without disability.

A Harvard University study found that the increase in life expectancy in the past two decades has been accompanied by an even greater increase in years free of disability.

12. Your fears about aging probably won't become reality.

A large poll found that while more than half of younger adults expect to experience memory loss when they're older, only a quarter of older adults actually do.

13. You feel more rested.

You do sleep less as you age, but there's an upside: A Swiss study found that older people report better-quality sleep and feel more awake during the day.

14. Your learning skills may improve.

People ages 50 to 79 retain—and may even enhance their ability to focus on important information while ignoring less-relevant data.

15. You have less strife in your life.

Older adults typically have less conflict with family members. Researchers say one reason may be that as people age, they get better at regulating their emotions when something upsets them, making them less confrontational than younger people.

16. You can be just as strong.

There's little difference in the amount of muscle you can gain at any age. With the proper workouts, you can make the same gains in your 70s that a 20-year-old can.



(Aim for progression, a step at a time. Commit to it, don't give up, keep showing up and the rest will fall in place. This is just the beginning... 😊)

17. Your priorities change for the better.

Older people tend to focus more on the value of their time and less on money than younger people do—an outlook associated with greater happiness, according to research published in Social Psychological and Personality Science.

14 Things To Love About Turning 40.



1. You make decisions for yourself.

And you are happier for it. Yes, you have family/spouse/employees/pets, but you are no longer making decisions based on what you should do. You are making decisions based on what is right for you. It's liberating.

Head start: Try to think about what you would do if you were living on your own for your whole life. What would make you happiest, most fulfilled? What would you pursue? Of course, you won't be, but it's a good exercise to get perspective on decisions that are right for you.

2. You tame the inner critic in your head.

You know that voice. The one saying you aren't smart enough, pretty enough, strong enough, wealthy enough. By 40, you know it well enough to tell it to shut up. You can tell it, "Slow down... I know that challenges are what change me and make me better. I know you are trying to help by telling me I am not ready... but I am ready. And I know if you are speaking up it is something that will make be a better person on the other side. Thanks for reminding me and egging me on."

Head start: When you hear self-criticism and doubt, say thanks but no thanks. I know you are there to protect me, but I am ready for this. I don't need you right now. Go away. Seems silly to talk to yourself, but try it.

3. You finally use your gut instinct.

Saving you the misery of indecision, paralysis by analysis and bad choices made over and over again.

Head start: When you have a sense that something is just not right... take note of it. Write it down. Come back to it next time you feel it and over time you will learn what to listen to. What helped me trust my sixth sense (aka gut) was writing. Every time I thought about taking something out and didn't, an editor or boss crossed it out for me. Overtime I learned to do it for myself. I realized it was the same with life.

4. You realize that all those people you think are so confident and lead perfect lives... are just as screwed up as everyone else.

Everyone has their own sh*t. You lose the instinct to compare, to keep up with the Jones or to fear missing out. You find out mean girls are just scared women. You learn that it's a waste of time comparing the worst of yourself (your insecurities and flaws) with the best of others (their Facebook profile, family pic, etc.). And on top of it all you realize your flaws may just be assets. Bossy is "gets sh*t done." Shy is a good listener. Too talkative is a thought leader. It's all how you use it.

Head start: Think about all the things you don't share on Facebook. Realize that everyone else has those too. Everything that is a movie in your mind is a 15-second commercial in everyone else's. They are much more interested in their own life than how not perfect your life is.

5. You get your silly on again.

You learn not to take yourself too seriously. You really do dance like no one is watching. You are like a teenager again... but less loud. It's not for show. It's for smiles.

Head start: Laugh at yourself. Dance like it's Snapchat. Do try this at home... consider the culture at work.

6. You ask.

You know your worth and you aren't afraid to ask for it. You realize that "you miss 100 percent of the shots you don't take," and there really is nothing to lose.

Head start: Ask a friend to let you practice your "asks" on them.

7. You have resilience.

Nothing is the end of the world. You have been through enough downs to know there eventually is an up. You know that yes, one day, the heartbreak will end. Eventually you will open the blind and see the window. There is always a plan B.

Head start: Think of the most embarrassing thing that happened to you in junior high? Is it as bad as you thought it would be now? Think of one decision that you thought was life ending... was it? Life is long. Time heals. So just give yourself time... and accept your sadness. It's part of life.

8. Sundays really are Fundays.

No, that doesn't mean boozing 'til you get the blues. You realize there is no use getting the Sunday blues worrying about what awaits you in the office Monday. You know you only have time to lose if you don't enjoy every moment of that Sunday. It's your weekend. Take it.

Head start: Think of your favorite thing to do. Do that all day long. Then have your favorite meal, watch your favorite show. Every time the thought of work comes up... replace it with thinking about what you are loving about the moment you are in.

9. You get rid of the toxic people in your life.

The friends you keep in your life have your back... you weed out the others. It saves a lot of emotional angst.

Head start: Think about the friends that drain your energy rather than give you energy. Keep track of it. Then try focusing more on the friends that give you energy. See what you gain. You don't have to break up with a toxic friend officially or dramatically. Just slowly stop engaging the way you used to.

10. You feel stronger. You get lighter.

Something just happens where you feel stronger in your body. Maybe it's the emotional strength of having been through pain and getting to the other side but you build emotional and physical muscle. At the same time, you lose mental weight. Things just don't bring you down in the same way.

Head start: Find one workout/physical/mind-body activity you actually like doing. You don't have to be perfect at it. Don't let that get in the way of enjoying it.

11. You are more beautiful.

Any 40-something women who decides to eat well and find one exercise they like to do looks better than they did at 20. Yes, you may lose the baby fat or spring, but there is beauty in living a full life. You see yourself kindlier. You feel at home in your body, and it shows.

Head start: There has got to be a healthy food you enjoy eating. Make that an everyday pleasure. Keep trying this... add more and more to your palette. Educate yourself on nutrition. Indulge moderately. Chocolate is not endangered. So have a bite, or two, enjoy and know that it is not your last bite.



(My colorful food palette... 🥗)

12. You stop feeling guilty.

You know your boundaries so you don't say yes when you mean no.

Head start: Start small. Say no to one thing you don't want to do. Notice how much time and pressure it releases.

13. You respect yourself.

Meaning you can see when someone else isn't respecting you and value yourself enough to form an escape plan.

Head start: Get a mantra. Remind yourself daily of your worth.

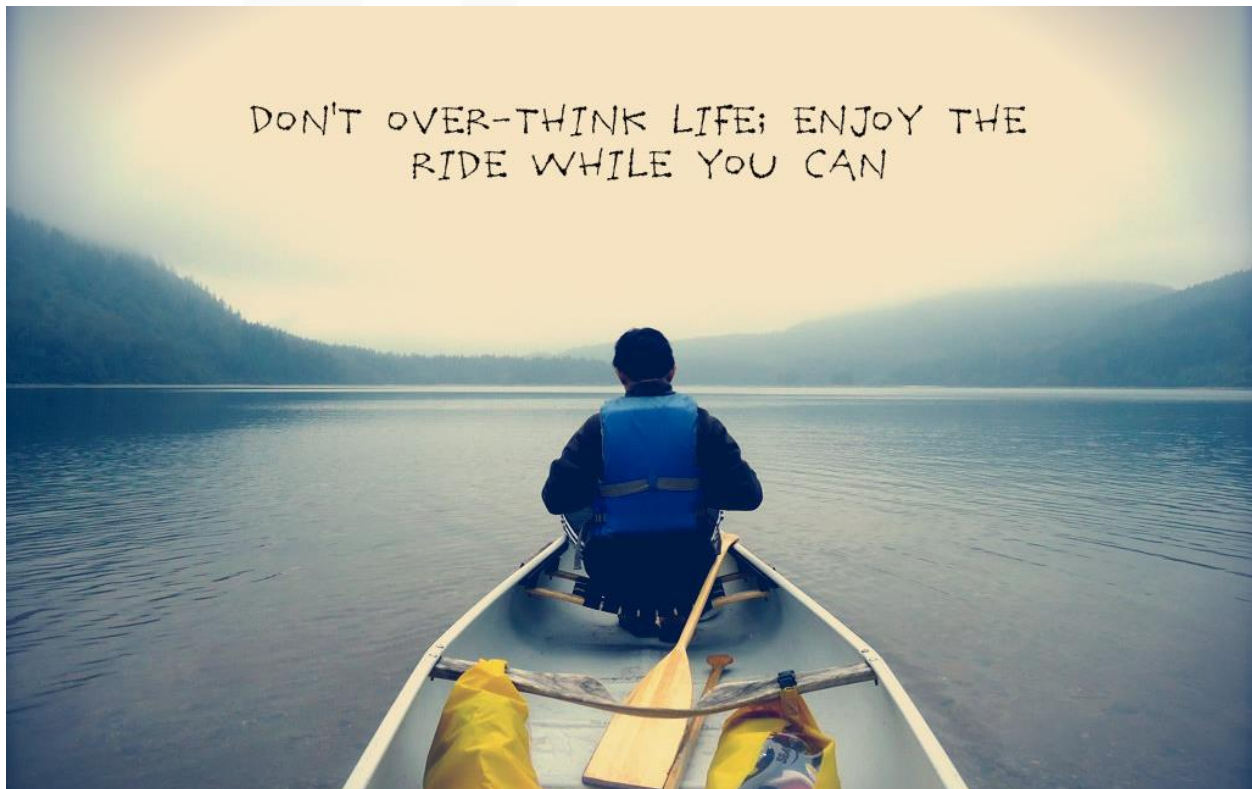
14. You rock your own style.

By your 40s, especially if you take care of yourself, you know what makes you feel good. You're not dressing to look a part that you're not. You're dressing how you feel. What's good is that you can try on different roles in your 20s with what you wear. What's even better is that one day it's not a role... it's you. And it's a powerful feeling. Point is, don't be afraid of a frumpy fashion future. The 40s are fun.

Head start: For now, it is time to explore. Find what makes you feel great. Find your own version of a power suit.

The Best Is Yet To Come.

It's not hard to imagine why certain popular proverbs have become so popular, such as "the past was always better." This saying, opposite of "the best is yet to come," originated from a nostalgic view, especially from older people who have already lived for many, many years. They say it due to nostalgia for everything that has happened in their lives.



However, longing for something that has been lost prevents us from enjoying the things we still have left to live. That's why, the past is not always better; instead, the best is yet to come.

We have the marvelous ability of being surprised over and over again. This is something we shouldn't take for granted. Because there are always new things to know, learn and feel on our skin.

I Want Life To Go My Way

We want to be happy no matter what, which many times makes us commit the mistake of forgetting that happiness demands a small amount of tears. In other words, it has to rain first for a rainbow to come out. Both things are a part of nature. Happiness and tears complement each other and are both equally as real and obligatory.

We want life to go our way, but we don't accept that this implies every kind of moment: good and bad, falling off a mountain time and time again until you reach the top.

We usually don't accept that life lets us live fully until we value everything positive it offers us. It shakes us up and urges us to grow. That's why the best is yet to come. Because the mountains, just like emotions, are infinite until we cease to exist.

Life starts at 40

They say that life truly starts at 40. By this stage we have lived enough to start admitting that the past is learning and sometimes nostalgia.

It's here that we understand that the future is illusory because it depends on the present, and that this present is the only thing that molds what's yet to come: we have the opportunity to improve continuously and not go backwards.

"The future goes by many names. To the weak is it the unreachable. To the frightened, the unknown. To the brave it is opportunity."

- Victor Hugo

At forty, we start to notice that happiness doesn't depend of anyone other than ourselves. Then we start to also demand what we truly deserve from life: we love ourselves a bit more, are more humble and dream more coherently. That is to say, we understand our limits and have experienced enough falls to know that there is always something better.

Stop settling for memories and make new ones: the best is yet to come

When we leave behind adolescence and youth, we may feel tempted to relive past moments over and over. Remembering becomes more frequent the older we get, and that's not a negative thing. The negative thing is to stay back, remembering the bad moments and forgetting "today".

We can't ever forget the here and now of our lives, because as we've said, that is the only place where you can establish the necessary principles for tomorrow. Likewise, remembering is not a bad thing either, neither is dreaming. We need dreams that keep us full of hope and life. However, we can't let dreams make us get lost within our own reality.

"Don't live in the same year sixty-five times, over and over again, and call it life."

-Robin Sharma-

The best is yet to come from the moment you accept all of this: a past that serves as a tool to support yourself in the present and a future that holds our curiosity, but which allows us to keep our feet on the ground.

The best is yet to come. There is always a glimmer of possibility that helps us grow and not become stagnated.

Why It's Never Too Late to Change Your Life and Live Differently.

Doesn't matter if you're 25, 35, 55 or 85 — it's NEVER too late to change your life and live differently because that's what creating the life you want is really about: changing your priorities. Making room for more meaning. Figuring out how to focus on what really matters to you.



It is never too late to create the life you want. No matter how old you are when you realize you want to do this, it often feels like it's too late. Like you squandered away the last two or five or 10 or 20 or more years focusing on the wrong job, the wrong business, the wrong person, the wrong you.

But it is absolutely NEVER too late to create the life you want. Why? Because you have tomorrow. And hopefully the next day, and the day after that. And each of those days is there for you to spend how you choose. The pure fact that they haven't yet happened, that they're waiting for you, means they hold so much more potential than what you've already done.

If you allow this to be complicated, it will be. You will come up with one BUT after another, and each will hold you back. Yet you can also choose to see this as rather simple: You only have one life. How do you want to spend it?

Sometimes considering — and debunking — the underlying reasons WHY we think it's too late can help us move forward. So, here are a few common excuses we use:

Excuse No. 1: You've invested so much time into your current path

It's easy to get caught up in this line of thinking, and the longer we put off making a change, the more power we give to this excuse. Except here's why it won't help you in the long run: because that path you've been following is useless if it's not what you want.

Plus, changing course does NOT mean throwing away what you've built. Even if the path you've forged so far feels like it will be of absolutely no use in your new life, it will serve some positive purpose. You've no doubt learned skills during those years that will transfer toward what you want to do next, even if you can't easily transfer the primary skills. Chances are, if you're looking for a change, you don't want to use those primary skills anymore anyhow!

Even more importantly, the path you've taken until now has made you who you are. It has helped you discover what you want and what you don't want. It's easy to say in retrospect that you should've done something differently a few years ago, but how would you have known that then? You've learned it NOW for a reason: because NOW's the time to make your change.

Excuse No. 2: Doing something different requires taking steps back

But are those really backward steps? In a lot of ways, they're actually more forward than the steps you're taking now, if they're moving you toward something that will make you happy.

Think of them as backward steps in your old life, but forward steps in your new one.

Excuse No. 3: People might think you're crazy/stupid/naive

Let me ask you this: Are these the same people who are also unhappy with their lives? Who are living stagnantly? Who would never make a change?

Probably. That's why you need to surround yourself with go-getters. Find people who are living the lives they want, and look for ways to spend more time with those people, whether that's online or in person. The more you surround yourself with people who are living "differently," the more normal it will feel.

Soon it will seem crazy NOT to create the life you want. Soon you'll be wondering why so many people are working jobs/stuck in relationships/fulfilling obligations that don't make them happy. Why on earth would you spend your one life that way?

Excuse No. 4: Too many you-specific obstacles stand in your way

Maybe you don't have enough money. Or you've got a phobia. Or you simply can't see how to get from A to B.

The truth is, if you want this bad enough, you can work through whatever stands in your way.

Yes, you will have to make some sacrifices. You will have to make changes to how you live, will likely have to give up something else to gain what you want. You probably won't be able to have it ALL, but you can have what you decide is most important to you.

Most of our obligations are actually choices. That means if you truly want to live your life differently, you will find a way around or through these scary obstacles, or maybe discover a new path altogether.

The point is, it IS possible. And the first step is realizing that none of these BUTs is big enough to hold you back.

What should you do once you've realized it's NOT too late to make a change?

1. Figure out what you want.

For some of us, this is the most difficult part. But even if the answer seems out of reach, it is somewhere within you. You have ideas, feelings and urges, and you probably know more about what you want than you think; your ideal career might even be staring you in the face. The mountain here is tying all of those ideas together into a concrete WANT, a desire you can act on.

Sometimes we can't figure that out on our own. Sometimes we need help from someone who 1) has thought through issues like this before and 2) can see things in you that you might not be able to see yourself. That's why I often recommend people in this situation consider a career coach. I used to think it was hokey to talk to someone about stuff you feel like you should be able to figure out yourself, but collaborating and brainstorming in a safe space can be a powerful thing. It might be the quickest way — or even the only way — to your ah-ha moment.

2. Make a plan, and break it into mini action items.

This is the approach I take for everything, because it makes even the most daunting task seem doable. (It's also the way I do my body workout.) Plus, if you do ONE thing each day to work toward your goal, you will make serious progress, no matter how tiny that one thing is.

3. Execute! Little by little, cross items off your list, taking baby steps toward your goal.

Don't become one of those people who says they'll make a change and never does. You DESERVE to live the life you want! But only YOU can make it happen. Only YOU can give yourself this gift. The rest of us can root you on, encourage you and make a meaningful life seem normal, but only you can actually make the change.



(Execute! Execute! Execute! Taking baby steps towards my goal... Nobody can do those crunches for you... 🍷)

4 Steps That Will Make It Easier For You To Get Started



1. Think about what you really want to change.

Maybe you already know it. It could be your social life, your confidence, your health or money situation. Or take a few days to think about it.

Take time to focus on this because if you really want something then it becomes a whole lot easier to keep going.

Or let your curiousness guide you. Ask yourself: what would I like to explore in life now?

Find one or a few areas to improve or habits you would like to incorporate into your life. Write them down.

2. Choose one thing or habit to focus on for now.

If you have found several things or habits you would like to focus on then choose to focus on just one at a time. Spreading yourself too thin pretty much always leads to failure because life tends to get in the way.

If you have a regular life then you'll probably won't have the time and energy to change three things at once even though you really hope and think you can.

If you like, choose a theme for a year and focus just on that. I have chosen themes in the past like health and fitness.

Then put most of your efforts for 365 days into creating new habits and routines in just that one area.

3. Take small steps.

This is very important. The feeling that something is too big or scary or difficult is one of the most common things to hold people back from taking action at all.

On the other hand, people also tend to overestimate their own willpower.

The plan sounds so good in your head but when you execute it then you can't really take as much action or move as fast as you thought.

Focusing on just one thing at a time and doing it in small steps may feel kind of like something a child would do.

I have thought that was the case – like so many other people have in the past – and then fallen flat on my nose after a few days or weeks of trying to change too many things too quickly.

Instead, ask yourself: what is one small step I can take to move forward in this situation?

I use that question pretty much every day in some way and it has been immensely helpful over the last couple of years.

4. Ask yourself: What is one small step I can take right now to get ball rolling?

Don't get stuck in planning. Or thinking that you will get started tomorrow or next week. Get the ball rolling instead.

Do that today by just taking one small and practical step towards what you want.

How to Live Differently

1. Define the What and Why

Think about what's important to you and why this is the make-up of your core:

Are you looking for a change in career? If so, then dig deeper into why you want this career change and what are negotiable and non-negotiables in your new career.

Are you looking for more free time to take on creative pursuits? Think about why this has significant value to you, and what you're willing to give up in your current situation in order to make room for this freedom.

Are you looking to start completely new and move to an unfamiliar place? Think about what you like about that particular place and how it taps into your emotions.

In order to live differently, you must be comfortable enough with yourself because it all stems down to the confidence within you.

Your confidence and self-awareness are the drive that will push you to make the uncomfortable decisions and navigate uncommon grounds when life tests you. Digging deep and getting to the core of it all can reassure that these new paths are in alignment to your values.

2. Show up as That Version of Yourself

If you want to live differently and feel more successful in your life, you must first begin to show up as that version of yourself.

You have to play the role and you can do this by picturing someone you highly admire. It can be their leadership qualities, how they deal with certain situations, or how they present themselves and show up daily.

Showing up in this different lifestyle also energetically brings this vision into your reality.

3. Little Makes More of an Impact

When you want to change your life, it's doesn't have to be this grandeur moment. Often times, small steps and changes make more of an impact and return.

For instance, if one of your goals is to be healthier and shed some pounds this year, the common route would be to get a gym membership, establish a diet plan, and commit to exercising x times a week. While these are great ways to start, understand that good habits also take some time and patience to form.

In the meantime, healthier living isn't only limited to dieting and exercising. It's taking smaller bite size steps such as cutting sugar from your coffee that can stretch far in the long run.

For example, you usually have your coffee black with one sugar packet. You drink two coffees in one day – one before work and another during work. One sugar packet is equivalent to about four grams of sugar, times the two cups you have daily. In one month alone, you are easily consuming 240 grams of sugar.

Little changes like cutting out sugar in your coffee intake can easily make a greater impact in the future.

The Best Ways to Conquer Your 40s.

A little more than 100 years ago, the average human didn't live past their mid-40s. These days, being in your 40s means you may not even be halfway done. So, are you living a life in full? Are you prepping for a lifetime of the same? We've compiled a list of things to do to make the most of your 40s—it's the new 20s, after all—and set the stage for many healthy and successful decades beyond.



1. Correct your course

If you haven't already, take a moment to decide if how you live your life is in a way that complements who you are today. It's easy to get stuck in routines without realizing that they no longer deliver like they used to. Are you fulfilled in your job, with your romantic life, your friendships? Is it time to re-evaluate?

2. Visit your dream destination

Being in your 40s means being established enough to afford the things you've always wanted to do—and being young enough to enjoy them. This is the time that you can hang on Maldives Beach, look good, eat well, and stay at a nice place. You're neither broke nor look like a bag of wrinkles. Take advantage of it. Need ideas on where to head?

3. Dress your age

Reaching the fifth decade leads some of us to cling onto our youth by dressing younger. Bad move. “Dressing younger only serves to highlight your advancing years,” says Alex Wilcox, co-proprietor of New York clothing store Lord Willy's. “You end up looking like an old head on a young body. This is in contrast to dressing classic—albeit with a few playful little touches—which tends to do the opposite.”

4. Train for something

It needn't be an Ironman, but having a target that isn't tied to your career or finances is an excellent way to stay vital. You might even discover that you have more stamina and endurance than you did in your 20s and 30s.

5. Support a cause

What do you stand for? It's time to put your money, time and/or effort where your mouth is. Instead of commenting on an issue that you're passionate about from the sidelines, have the courage of your convictions and make the difference you want to see.

6. Hire a personal stylist

Your 20s were a time to experiment with personal style. Your 30s were a time to get comfortable with your look while making important life moves. Your 40s are time to take the results of that success and reinvest it in you. See a look you'd like to emulate in a magazine. Rip it out, put it your pocket. Once you've collected a half-dozen, step into a top menswear store near you, develop a relationship with a salesperson, and be prepared to plunk down a not-insignificant amount of moolah on clothes. Don't worry: Pieces from this splurge should serve you well into your dotage.

7. Eat at a 3-Star Michelin restaurant

Chefs consider a 3-star rating from Michelin to be the holy grail, white whale, and pot of gold combined. It's not going to be cheap, and getting a reservation will be a royal pain in the butt, but experiencing the zenith of fine dining is something that's now within your reach. Pick a special dining companion and savor every moment.

8. Flirt with confidence

A funny thing happens when you get to 40. You start to feel very comfortable in your own skin (especially if you adhere to the advice contained within this handy list). That ease is appreciated more than you'd think, especially by women a few years younger. As are your high-quality, well-fitting clothes, your experienced face, your physique (which you've spent years on), your depth of knowledge, and your humility. Realize that you now have many qualities that are extremely appealing to the opposite gender, even those you considered out of your league when you were younger. So, give a compliment, make a joke, ask for a number **(if you're single)**.

9. Have a bespoke suit made

A bespoke suit is certainly an investment, but it can start to pay dividends immediately. Begin with a navy suit, then a light gray one, in a classic cut on the slim side. Have it tailored to accentuate the broadness of your shoulders and narrowness of your waist.

10. Treat your parents

We're not talking about a dinner here or there. Send your folks on a trip somewhere they've always wanted to go while they're still able to fully enjoy it. You'll never regret it.

11. Prevent bed death

Don't let the spark in the bedroom die out. Keep things lively, and you'll (both) be happier for it.

12. Attain the formerly unattainable

Remember when you wanted that Gibson Les Paul, that vintage Vespa, or that crazy weekend in Vegas, but could only dream of having the money? Those days are gone. Now that you have a healthy bank balance, revisit your old want list. Anything on there still look tasty? Snag it.

13. Do that thing you used to love

When you were younger, you loved playing basketball. Or you jammed in a band. Or you went snowboarding every year. Life can get in the way of doing the things that make us light up. Make a point of reclaiming the things that made you feel alive. You'll feel and look all the more vibrant for it.

14. Sponsor a child

Whether you do or don't have kids of your own, sponsoring a needy child is a way you can absolutely change lives for the better. You've done well in life. Give someone a fighting chance to do well for themselves.

15. Learn a second language

The English-speaking people have been great at spreading their armies, commercial interests, and hodgepodge language around the globe, and they have been for centuries. One unfortunate byproduct of that: Most native English speakers are only fully conversant in their mother tongue. Language informs how we think, and learning another language gives us a richer way to experience the external and internal world.

16. Make amends

At this stage in your life, feeling butt-hurt about something someone did to you is beneath you. Letting them know that you're over it is the ultimate baller move. In one fell swoop, you'll free the bandwidth their infraction has been taking up in your brain ever since they drunkenly slighted you, and reclaim the power they've had over you ever since.

17. Start thinking about your funeral, and make it better

If you're an American in your 40s, you're likely halfway through this crazy thing called life. Now is a good time to spare some thought for your legacy. We're not talking about your estate, or your kids if you have them, but how people will remember you. Think about being an invisible presence at your own wake. What do you want to hear people say? This is the decade to start creating a sentiment you'd be happy with. The remainder of your life will be all the better for it.

18. Get routine about preventative medicine

Now's the time to systematically plan and schedule doctor's visits to prevent bad stuff from happening. Maybe you'll go to the doctor for a yearly physical around Memorial Day, have a dental exam the week before the first regular-season NFL game, and another just after the Super Bowl. Get your moles mapped around Labor Day, and your eyes checked every time there's a congressional election.

19. Make some new friends

Most of us make lifelong friends in young adulthood. We're out in the world, we're doing stuff, we're full of piss and vinegar, so it stands to reason. Being married and having kids can preclude making connections with other people, and that's a shame. The next time you meet someone whose company you enjoy, invite them out for a drink.

20. Ensure you have enough life insurance

Go goth for a minute and pretend you're dead. Will your dependents have enough money to maintain their current lifestyle? Basically, if you support people, you need life insurance. And you might need more than you figured when you were a newlywed or had your first child, which is when most of us buy policies. Today, the general guideline is: Have enough insurance to cover 5 to 10 times of your annual income. And always buy term life insurance—whole life policies come with high fees and cancellation penalties that can drain you dry.

21. Go on a diet

The average man gains five pounds every decade after 35. But the best way to prevent that isn't through starvation or deprivation. It's through healthy eating.



(One of my favorite meal with nacho chips 😋 Yum yum!)

22. Make \$1 million

The book *The Eventual Millionaire* recently released a study of millionaires and the common qualities they hold: They've all started their own business. Your 40s are the perfect time to strike out on your own: You've mastered your industry, you have contacts, you've still got the passion. And there's the practical aspect: At 40, you're likely to have at least 40 more years of life (and expenses) to look forward to. Could you handle disruption in your industry? Do you want to be the guy who's always worried about losing his livelihood?

23. Button up your kids' college fund

Start one now, if you haven't already. But remember that retirement savings come first.

24. Preserve and increase your muscle mass

Prepare to be that 81-year-old who runs marathons. Your 40s are the time to start. After the age of 40, inactive people lose 3 to 5 percent of their muscle mass every decade. The good news: You can prevent that by strength training. Research shows that using weights, resistance bands, or kettlebells two to three times a week can substantially improve your muscle mass in three to six months.



(One of my strength training days...👏)

25. Drink great whiskey

How many features have you seen on the news about octogenarians, or people who've crossed the century mark, who attribute their long life to good whiskey? It's no coincidence: Studies show that people who drink moderately live longer than those who don't, and have lower rates of heart disease, diabetes and stroke than teetotalers. And it's better to develop a taste for whiskey than wine: The amber spirit contains no added sugar.

26. Tax yourself

Save 10-15% of your income before day-to-day expenses. Have it direct-deposited into a separate bank account. When you get a raise, stick it in the bank.

27. Use social media

Tech gets younger as you get older. Live in the white spaces where the audience lives. Learn Snapchat. Study Instagram. Because you'll be more hireable, relevant, and seem younger—and be able to understand the new generations who'll be working with (and for) you.

28. Make a retirement plan

And this time, we're not talking about stocks, bonds, and 403(b)s. This is about vision: What do you want your life to look like in your 60s, 70s, and beyond? We're living longer than ever—at 40, you probably have 40 more years of active life ahead—but we tend to fixate on financial worries. Although you've got to square away your income, you still deserve to do what'll make you happy. How do you see it at that age? Visualize that, and start working toward that now.

29. Grow your mind

Although the idea of brain exercise is controversial, it can't hurt, and it's easy to do. Neurobiologist Lawrence C. Katz, PhD, author of *Keep Your Brain Alive*, suggests mixing up your routine with actions that engage more than one of your senses simultaneously, which strengthens the connections between areas of the brain. It's as simple as eating different foods, increasing social interactions, identifying different smells and sights along your route to work, or changing your usual seat at the dinner table.

30. Get naked more

Science says sleeping naked can lead to a longer life. According to studies, sleeping naked can boost your levels of anti-aging and growth hormones. Researchers have found that as we sleep, our bodies cool slightly, which causes reparative growth hormones to be released. If you're too warm, you get less. Being cooler also reduces your level of cortisol, the stress hormone. High levels can lead to overeating, diabetes and inflammation. Plus, sleeping naked with a partner can lead to more intimacy (sexual and otherwise), which releases oxytocin, which reduces cortisol, lowers blood pressure and soothes inflammation (the kind you don't want—in your gut).

31. Pretend you're an old person looking back on your life

What advice would you give yourself? Start following it.



Looking back on my fitness journey, I would like to thank “The Gladys in 2019” who took the courage and willingness for taking the baby steps by signing up a gym membership, established a diet plan, and committed to exercising at least 5 times a week.

Renewed Like The Eagle

Thank you for never giving up even though your brain and your body keep tempting you to do so...

Thank you for doing that one more rep, one more lap, one more set, one more mile, that one more push to get to where you want today...

Your time, effort and patience in forming these good habits did not go to waste.

Because of your determination, perseverance and never-say-die attitude... You made me realized that I am so much stronger than I think...



Today, I'm enjoying the awesome benefits of all the hard works you've put in previously.

I begin to understand my body more...

I start loving myself more...

I start focusing more on my diet...

I understand that there's no shortcuts to achieving meaningful goals in life...

I keep an open mind to learn from others who've been there & done that, so I don't waste any time...

I start establishing good habits and routines that I can maintain in the long run and suits my own personality...

Last but not least, I'm so proud of you... "The Gladys in 2019" ... Because of your grit, today I became an inspiration to my gym peers and people around me who have witnessed my physique transformation... Showing them that it is possible. 😊

32. Have a “cheat” event

We’re not talking about sexual fidelity. Just as having a cheat day once a week makes your workout and diet plan more efficient and successful, rewarding yourself with something indulgent will give you something to look forward to all year. It doesn’t have to be a boat.



(My cheat meal. Yes! I finished these all by myself... 🙄🍔🍷🍷🍷)

Cheat meal once in a while keeps you sane... 🤔)

10 Ways To Love Life After 40



1. Continue to transform yourself and your life.

It's never too late to become a better, more polished version of yourself. You can't remind yourself of this often enough.

2. Discover who you really are NOW.

Midlife gives us the opportunity, even the responsibility, to discover who we really are and what we really want—to find our true purpose in life. **This is a time to pursue dreams, not to quit dreaming.** 🐾


3. Feel young.

Knowing that our brains and bodies won't fail us anytime soon can influence us to look and feel younger. It also induces the behavioral patterns of someone more youthful. A youthful attitude enables us to be more productive, feel happier, and to be more hopeful about our future.

4. Dismantle your faulty mindset about midlife, and replace it with a whole new paradigm.

Get in touch with your inner adolescent energy by rebelling against society's "It's Too Late For Me" attitude. REJECT this old, false idea and embrace the renewed and inspired life of possibilities ahead of you.

5. Resolve your regrets and move on!

Life is about failing UP  Use regrets to your advantage—as a wake-up call to inject new meaning and energy into your life. Use them to create new opportunities for yourself and then move forward with confidence.

6. Embrace a "You Only Live Once" attitude.

It'll let you to see the possibilities out there for yourself. It allows you to say yes to life in a way that's more exciting.

7. Dress for the life you want.

Use your clothes as a tool for self-empowerment. Be your own art project. Experiment with different looks. Use fashion as a way to express yourself and discover your new inner desires.

8. Determine what "having it all" means for you.

During midlife, we need to see ourselves as the successes we already are. Don't define yourself or your success too narrowly. Own the difference you make in the world, no matter how big or small it may be.

9. Adopt a spiritual perspective.

Embracing a spiritual perspective leads to overall feelings of happiness, especially when it comes to life satisfaction. Embracing spirituality lowers depression, reduces anxiety, and lowers our stress levels. It also helps us to focus on what really matters in life, while allowing us to connect to others in a more meaningful way.

10. Validate yourself.

Midlife allows you to look no further than yourself for validation. Listen to your inner voice. Honor your own feelings and explore who you are really meant to be.

Conclusion.



The reality is, it's taking us all a little bit longer to grow up and with the advances of modern medicine, it's about time we fundamentally change the way we think about and see our future. Midlife can be a remarkable time. We have a lot of years ahead of us. This is not the time to retire our goals or fade into the backdrop of life.

Our present and future happiness will depend on the choices we make for ourselves TODAY. Midlife has become a whole new life phase. It's the perfect time to reboot our lives. You have an unprecedented chance to live the life you truly want. You're in the driver's seat, so go enjoy the ride.

Thank You

Thank You for reading this eBook. 😊

I hope you feel inspired by reading this humble eBook and hope it motivates you to live your life at large even after you have turned 40. 💪

Doesn't matter if you're 29, 39, 49, 59, 69, 79 or older — it's NEVER too late to creating the life you want. Making room for more meaning. Figuring out how to **focus on what really matters to you.** ❤️ ❤️ ❤️



I look forward to connecting with you more through “RENEWED Like The 🦅”
📧 email newsletter.

Talk to you soon my eagle friend! 🦅

Stay Strong and Beautiful,

❤️ Gladys ❤️