

# 56 Plus Life Tips I have learned so far

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*DrStem Be Encouraged*



*for celebrating this **56<sup>th</sup>** birthday with me.*

**To God I give all Glory.**

What a season we are in, a season to be grateful for every second of life.

I tell you as I grow older, I realize there are many moments I didn't realize everything was a life lesson, every experience, every painful moment, every joyous moment, EVERYTHING HAS BEEN A Lesson Preparing Me for this moment.

Here are my 56 PLUS Life Success Lessons so Far. The Best Part is, I feel so free to just say the lessons as they were. Enjoy my list, add your list, and write yours.

So, Why do I get soooo excited about celebrating my birthday?

**Reason 1:** YOLO — You Only Live Once

**Reason 2.** Life is Way Too Short

**Reason 3.** Just Because I am Blessed to celebrate another year

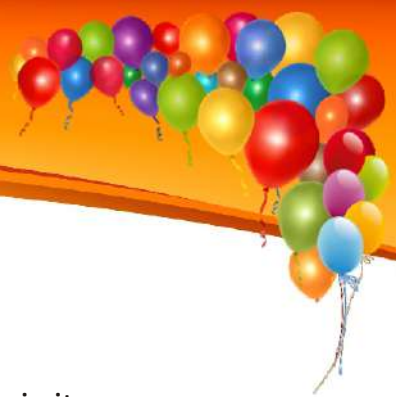


## ***Here are my 57 Plus Life Lessons***

1. **No matter what, get up, dress up and show up.**
2. **You are unique with special gifts.** Believe in yourself. You can do it!
3. Do Not Be afraid to Dream Big like BIG, All dreams do come true no matter how long it takes, they do. Never Give Up, Your time will come
4. Find Your Passion and Purpose even it takes you a lifetime
5. Manage Your Time. Rest, work, Play, Tap and Meditate and know that you don't owe anyone an ear for endless complaining or deeper painful processes, that is what therapy is for.
6. **Don't overthink things. Stay focused on what is really important and let go of everything else.**
7. Trust that you are the only person who knows what's best for you so Say no to projects you don't care about.
8. **Make sure you know why you are trying to be successful. Do it for the right reasons and never forget what these reasons are. They will keep you motivated.**
9. Find out what is blocking your success, then work on eliminating it.
10. **Pay close attention to your physical health. Eat good food, drink and don't smoke, smoke less, and exercise.**
11. **Never let past failures stop you, let them be lessons and move on.**
12. Understand that your time is limited. Don't put off until tomorrow what you can do today.
13. **Get rid of cultural values that no longer serve you, limiting beliefs and false ideologies. Stay open-minded.**
14. Find your voice. Be You and **Realize that you don't owe an explanation of your dreams and life goals to anyone.**
15. Be like Jesus, not like his followers. (You know what I mean uhmmm)



16. We all Have Issues. Deal with yours in a supportive environment to let go.
17. Thank God for therapy, keep trying until you get one that is helpful not hurtful.
18. Let Go and Let the Universe, God, Higher Power Lead You
19. At least once, date someone that's out of your league.
20. . Address small problems. They will become big problems.
21. If the internet/social media is the best thing in your life, use it to elevate your life and finances.
22. Learn to Journal it Frees You
23. **Make sure to set goals. Short-term (daily) and long-term (weekly, monthly and yearly).**
24. People only care for you if they can get something out you, love yourself enough to say NO. sometimes you just cant do it all.
25. **Create to-do lists. This is the only way to keep track of everything you need to get done.**
26. Don't be afraid to take risks. You will never be 100% ready when an opportunity arises.
27. **Surround yourself with positive people**
28. **Love, Laugh like there is no tomorrow. Well tomorrow is promised to no one.**
29. Learn to create a vision board. Every moment, Visualize yourself being successful. Better even, live as if you have already achieved success
30. Do what's most important first thing in the morning, before you check email.
31. Courage is a learned skill. I have had to learn most of mine through experience. Be patient with yourself as some days will be very hard.
32. Get used to feeling stupid. It's a sign of growth.
33. **It's easy for people to talk a good game, so watch how they behave instead**
34. Learn something from everyone.



35. Find things that inspire you and pursue them, even if there's no money in it.
36. **There will be times when you won't have enough. Survive on a little just to prove you can do it.**
37. Get one big success at an early age. It'll help build your confidence for bigger things.
38. Keep people around you that will tell you the truth.
39. **Always keep learning and growing. Accept Your mistakes and Learn from them.**
40. Don't just be book smart, be stress smart as well.
41. Listen to your gut. Be still and look for signs from the universe and know that **people don't actually care as much as you think they do – keep this in mind.**
42. Do things that scare you. Step out of your comfort zone from time to time
43. Develop self-confidence. Confidence is Key to Success
44. **Be more sociable. People buy from those they connect with.**
45. Don't let other people influence your decisions too much. Listen to good advice. But remember that no one else is walking in your shoes.
46. Be in tune with your body and mind. Learn stress management.
47. **Remember that knowing is not enough, you must be able to apply this knowledge. And being willing is not enough, you have to actually get it done.**
48. **Breathe in deep and let go of negative things including procrastination.**
49. **Don't be afraid to start over. You're not giving up, just taking the chance to rebuild something better.**
50. Don't let past hurts hold you back. Thank everyone for their part in shaping who you have become and let karma do its thing Hahahahah.
51. See and Celebrate the extraordinary in the ordinary every day.
52. Commit to things, regularly, that are far beyond your ability
53. Don't take anything personally, ever. It's not Always about You.
54. Apologize more than you need to, choose peace over right, it will be ok.



55. **Trust that if the answer was NO, there is a better YES waiting for you down the road.**
56. Don't be afraid to fail, the more you fail, the more you learn
57. **Face your problems and don't bury your head in the sand. There isn't anything you can't deal with.**
58. Take BB Breathing Breaks at regular intervals.
59. . Become comfortable with yourself and your surroundings.
60. **Silence your inner critic.**
61. Talk to a coach or counselor to Learn to understand and control your emotions.
62. **Trust that if the answer was NO, there is a better YES waiting for you down the road.**
63. Say YES more often to experience new things
64. **Remember that it is your life. And make sure you are following your dreams and not someone else's.**
65. **In general, try to meet as many new people as possible. Everyone who comes into our life has something to teach us.**

***I hope you dance***

***That's It For Now***

***I want to leave you with the lyrics of one of my very favorite songs***

***I hope You Dance by Lee Ann Womack or Gladys Knight. Google the song on you tube it is beautiful reminder to dance and be grateful for every moment in life.***



## "I Hope You Dance"

I hope you never lose your sense of wonder  
You get your fill to eat but always keep that hunger  
May you never take one single breath for granted  
God forbid love ever leave you empty-handed

I hope you still feel small when you stand beside the ocean  
Whenever one door closes I hope one more opens  
Promise me that you'll give faith a fighting chance  
And when you get the choice to sit it out or dance

**I hope you dance, I hope you dance**

I hope you never fear those mountains in the distance  
Never settle for the path of least resistance  
Livin' might mean takin' chances but they're worth takin'  
Lovin' might be a mistake but it's worth makin'

Don't let some hell-bent heart leave you bitter  
When you come close to sellin' out reconsider  
Give the heavens above more than just a passing glance  
And when you get the choice to sit it out or dance

**I hope you dance, I hope you dance**  
**I hope you dance, I hope you dance**

(Time is a wheel in constant motion always rolling us along  
Tell me who wants to look back on their years and wonder where those years have gone)

I hope you still feel small when you stand beside the ocean  
Whenever one door closes I hope one more opens  
Promise me that you'll give faith a fighting chance  
And when you get the choice to sit it out or dance

**Dance, I hope you dance**  
**I hope you dance, I hope you dance**  
**I hope you dance, I hope you dance**

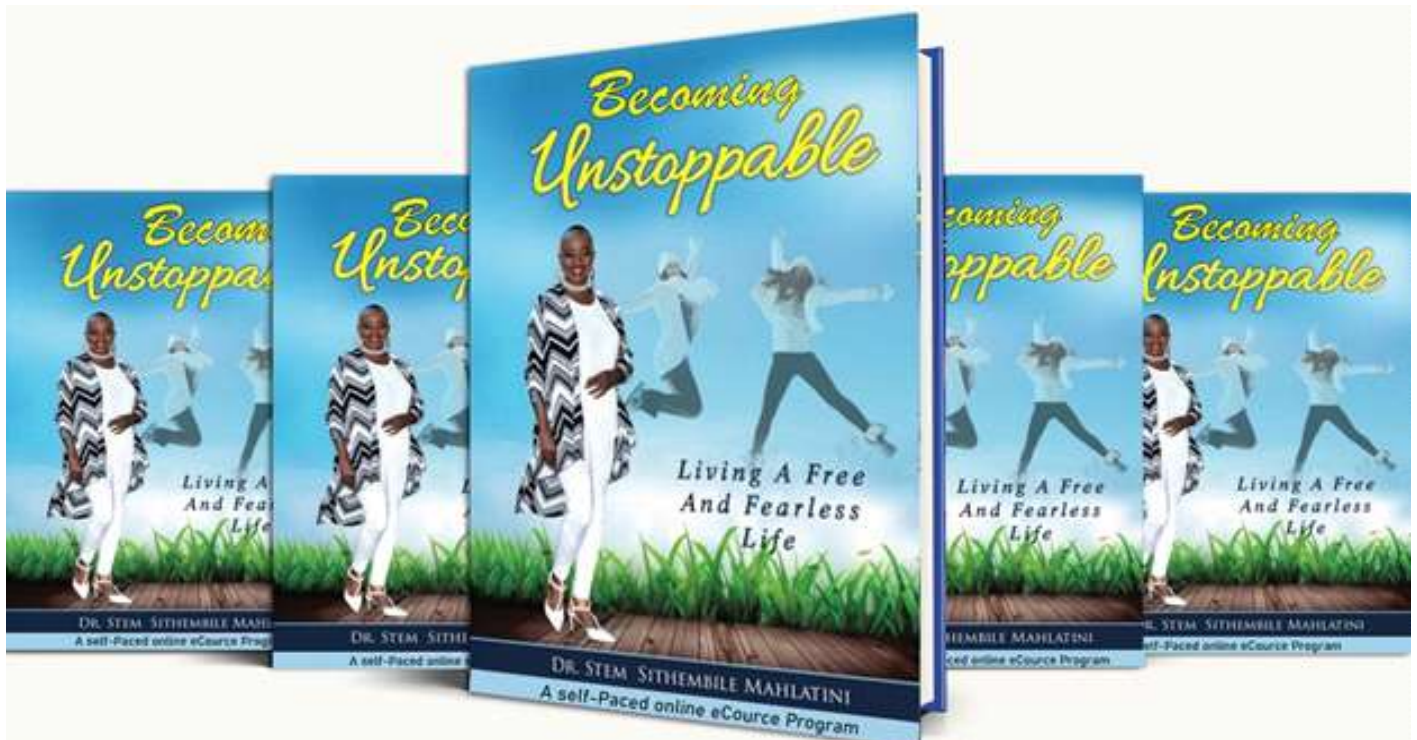




***Make it a Great Life , I hope you Dance .....***







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# ABOUT THE EMPOWERMENT ACADEMY



The Empowerment Academy is a platform where women can have full access to career and personal development programs, training, eBooks and to tools for success with membership.

The Weekly Self-Care Workshops lifts women up. The workshops are geared towards letting women know that they can be more, and each workshop provides them with the tools and the support to become more.

The Empowerment Academy provides all round real empowerment: with deep insight programs that address childhood issues, fears, mindfulness, stress management and success programs, with emphasis on an internal and positive change in each woman, so that she can find her passion, and purpose and change her life on her own terms.

## ABOUT Dr Stem



**Dr Stem (Sithembile Mahlatini, EdD, LCSW)** Zimbabwe, Africa is an Employee Assistant Professional, Transitions Trainer, Speaker, Television & Radio Personality, Author and Licensed psychotherapist. She is a Certified John Maxwell Leadership Trainer/Speaker, Certified Life- Career Coach, Passion test Facilitator and Josh Shipp Certified Youth Speaker. As an author of 35 books she is Focused on three things: To Inspire, Influence and Impact



# **My joy is in helping you live a stress free wealthy free and fearless life.**


I Would love to coach you and make whatever your heart desires Happen Once and For all.. email me at [\*\*drstem14@gmail.com\*\*](mailto:drstem14@gmail.com)

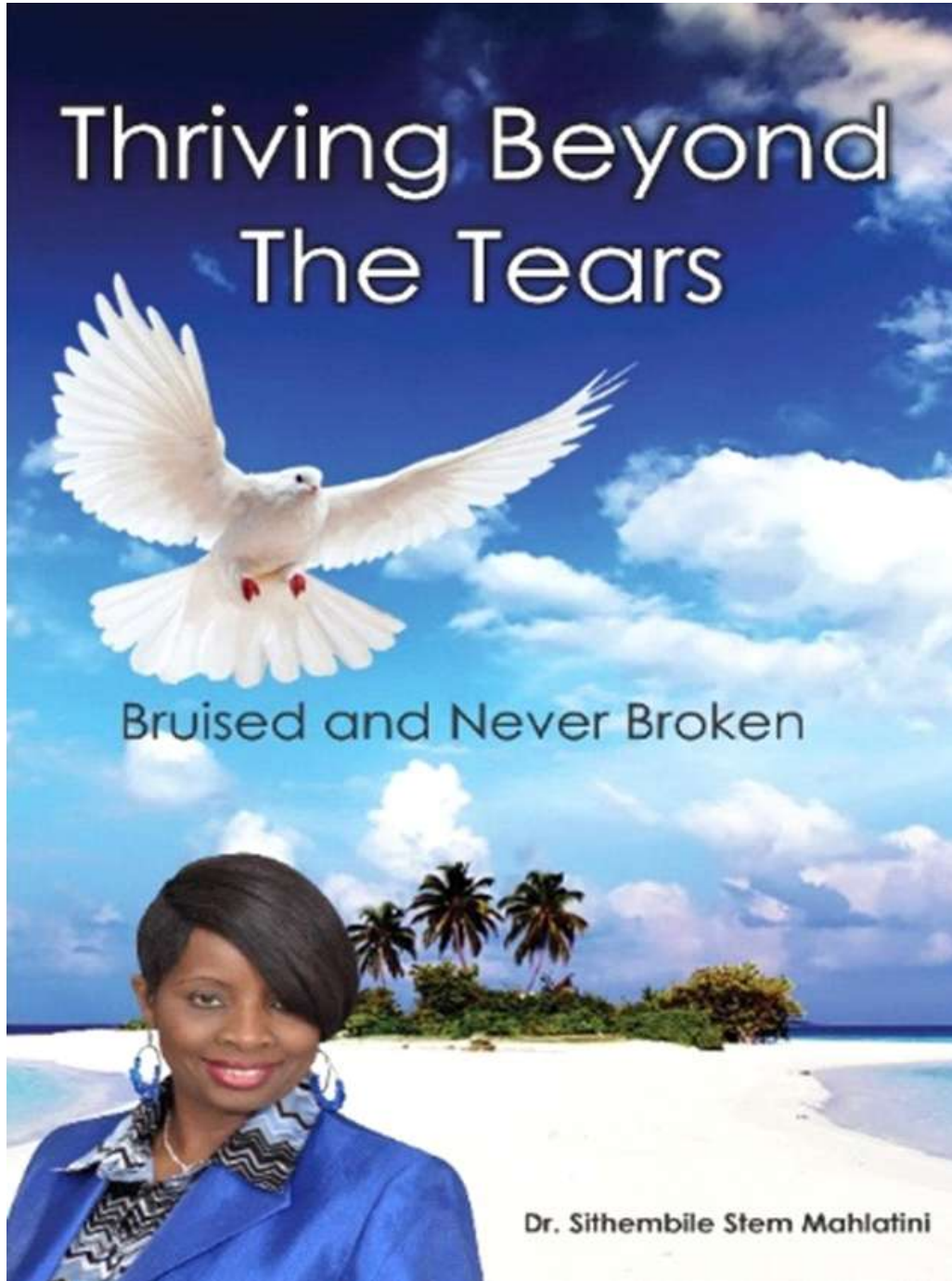
People call DrStem when they need to improve personal, professional, or business performance. She typically works with them to help them:

## **Individuals**

- ◆ Connect More and Communicate Better in their relationships
- ◆ Manage Stress
- ◆ Manage Career, Business, and relationship Decisions

## **Business**

- ◆ Conduct Stress Management and Leadership Trainings.
  - ◆ Conduct Mindfulness Training.
  - ◆ Improve relationship management skills.
  - ◆ Conduct Training on Managing change
  - ◆ Conduct Training on Balancing Work
- 



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