

# 40 Things To Do In Your 40s

## *Reflect, and Alter Course*

Now is a great time to reflect on your life so far and see if you're living in accordance with who you are today. Determine your values and live by them. Are you fulfilled in key areas of your life? (family, romance, friendships, career etc)? Is it time to re-evaluate?

## *Visit Your Dream Destination*

Don't wait until you retire. Do it NOW while you can enjoy it. Have fun with the process of planning it all out. Find a way to make it happen.

## *Train for an Event*

It doesn't have to be a marathon. Make it achievable but a stretch for you. Make it something that you can be proud to say that you've achieved/accomplished.

## *Find a Cause to Support*

What is a cause close to your heart? It's time to put your money, time and/or effort where your mouth is. Be the change in the world that you want to see.

## *Hire a Stylist*

Being a mum tends to lead to making fashion choices that we wouldn't have considered before. Everything now is about function and comfort. Spend some time and work with a professional who can help you develop your new style.

## *Eat at a Fancy Restaurant*

It doesn't necessarily have to be a Michelin rated restaurant (although that would be AWESOME), but find somewhere that is fancier than you've ever dined before. Take your special someone and savour the moment.

## *Do Something You Used to Love*

When you were younger, I'm sure there was something that you absolutely loved doing. Life (& kids) can get in the way of doing things that make us light up. It's time to reclaim the things that made you feel giddy!

## *Learn Another Language*

It could be a language you've always found interesting or something you've previously learnt in school. It feels great to be able to converse with someone that speaks another language.

## *Make Amends & Forgive*

At this stage in your life you might have racked up some hurts. Use this time to apologise for anything that has been weighing on you; to forgive, let go and heal. Let go of any resentment and anger inside you and find peace, love and empathy.

## *Plan Your Funeral*

Welcome to mid-life. I don't mean to be morbid and ACTUALLY plan your literal funeral. Go over that old exercise of attending your own funeral in the future. What do you want to hear people say? How do you want to be remembered? Make a start now on creating that legacy.

## *Plan Your Retirement*

I'm not just talking about investing for the future (although that's super important). What do you want your life to look like in your 60s, 70s, and beyond? How do you see yourself - will you be working or volunteering? Will you be traveling? Think about it now, make a plan and work towards it.

## *Make Some New Friends*

Some people feel like they don't have time (or energy) to make new friends. Don't be limited to the people that you have already met up to this point. The next time you meet someone whose company you enjoy, get their details and plan a catch up.

## *Train Your Brain*

If you don't use it... you'll lose it. Take up Sudoku, cross words, brain training apps or anything that keeps your brain engaged. There is so much interesting research coming out in the areas of neuroplasticity. Make your mind work for you!

## *Let Go of Other People's Opinions*

It's none of your business what other people think of you. Trying to live to their ideas will only bring you angst. As my nanna says: "They don't pay my rent!"

## *Practise Self-Care*

Self-care can feel selfish when you first begin. If you're having difficulty with that concept imagine how your family would feel if you were injured and not able to help them with all that you do. Focus on your health and wellbeing. Take time for yourself to renew and re-energise. Treat your body kindly.

## *Plant Something & Watch it Grow*

There's something powerful about watching something grow and knowing that you had a hand in it. Gardening will bring you stress-relief and can improve your mood. Whether it's flowers or fruit or vegetables doesn't matter.

## *Let Go of Expectations*

Setting ridiculously high expectations and not being able to meet them is just a recipe for disaster. Instead, let go and release any expectations that you previously held for what your 40s would be like. Enjoy the ride without expectations.

## *Learn to Meditate & Practise Mindfulness*

There's a reason that meditation and books like "The Power of Now" have become so popular. In that moment of focus and truly living in the present moment (not drifting back to the past or dreaming of the future) you can find peace.

## *Work Your Muscles*

Beginning at age 40, you lose about 1 percent of muscle mass per year. If you haven't already started a regular exercise routine that includes both cardio and strength training, now is the time to make that happen. You want to move forward feeling strong, balanced and flexible.

## *Learn a New Skill*

Maybe there is something that you've always wanted to try. Now is the time to make that happen. You are in the prime of your life and if you don't give yourself a chance now, when will you ever get around to it?

## *Stop Comparing Yourself to Others*

Now is not the time to try to "Keep up with the Joneses". Comparing yourself to others only leads to unhappiness and dissatisfaction. And while you're at it, "Aim for progress, not perfection".

## *Start a New Hobby or Passion Project*

There are so many positive benefits to being creative and having time to "create". Set aside some time to take up a new hobby, learn a new craft or start a passion project. This will give you energy and renew your spirit.

## *Tend Your Relationship*

You've spent so much time on the relationship you have with your kids, which is hugely important. But don't forget that you need to spend time nurturing your relationship with your partner. Having a solid foundation now while your kids are young will help you head in the right direction.

## *Get Rid of Junk & De-clutter*

Watch Marie Kondo if that's your thing. Invite a girlfriend over to help you get rid of all the things you've accumulated that are not bringing you joy. Clutter has been shown to cause you extra stress. Now is the time to pare back.

## *Overcome Procrastination*

It's easy to put things off until later. It can be hard to find motivation. If we don't overcome this now, we are going to miss out on so much. Make some achievable goals and then chunk that down until you have no resistance. Set up a schedule if that's what works for you. Just make it happen!

## *40 Acts of Kindness*

By completing acts of kindness it doesn't only benefit the person you are helping - it's great for your own mental health. Spend some time thinking about others and how you can act kindly towards them without thought of reciprocation. Do this 40 times.

## *Thank the People Who Have Impacted You*

Write ACTUAL letters to the 5 people that have had the most positive effect on your life so far. Thank them and show your appreciation for how they have helped you develop and become who you are.

## *Create a Bucket List... Start Ticking Things Off*

A bucket list allows you to look at what you want out of life, focus on those goals and have amazing experiences. Spend some time reflecting on places you'd like to visit, things you'd like to do and start ticking them off now!

## *Take a Girl's Trip*

Preferably something that lasts longer than a weekend. Grab a bunch of girlfriends, work out a destination and head off on a girls-only adventure. It will not only strengthen your friendships but make you appreciate your family more when you miss them.

## *Take Dance Classes*

Learn a new style of dance or take up an old one you've learnt before. Let your body move and feel the freedom of dancing. Have your partner join you and learn to tango. Take a girlfriend and finally learn to tap.

## *Go on a Cruise*

It could be 3 days or 14 days. It could be tropical islands, a craft cruise or a short comedy cruise. It could be with family or with your friends, but spend some time on the ocean, cruising and relaxing.

## *Go on a Kid-Free Trip*

Take some time away from the kids and reconnect with your partner. Even if it's just a weekend away. There will be many benefits, not only for you and your partner, but for your kids as well.

## *Go Back to Where You Grew Up*

"There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered" said Nelson Mandela. Go home. Appreciate where you came from and see just how far you've come!

## *Visit Every State in Australia*

Before you turn 50 make it a point to visit any states that you haven't yet visited. Appreciate the diversity that your own country has to offer. Appreciate the beauty in your own backyard.

## *Find a Mentor*

You still have so much to learn on life's journey. A trusted mentor can really help with that. It can be in your personal life or your professional, but having a mentor makes you feel supported and confident.

## *Become a Mentor For Someone Else*

Pass on the wisdom that you have learnt on your life journey so far. Connecting with others and helping them achieve their own goals is so rewarding.

## *Attend a Cultural Event Each Year*

Every year go see something new and experience the wonder that can be taking in a musical at the theatre or getting caught up in the moment of a concert. It could be a ballet or an opera, or a boy band or pop star.

## *Retrain for Your Career*

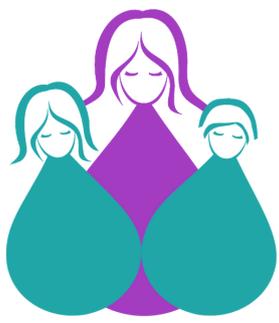
Reflect on how you want to spend your time in the future career wise. Think about what you'd love to do and make a plan for this to happen. Maybe you'll need university or TAFE, or maybe just on the job training. Create a plan and make it happen!

## *Develop an Attitude of Gratitude*

There are so many benefits to gratitude. Every night reflect back on the day and find at least one thing (preferably more) to be grateful for. Don't just think about the big things or generic things, but learn to appreciate the small moments too.

## *Host a Kick-A\*\* Dinner Party*

Learn to cook something new or challenging. Send out real paper invitations. Set the table with your finest china, silver and cloth napkins. Prepare a signature cocktail. Be the Hostess with the Mostest. And above all have a fun night with friends!



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Aim for *progress*  
Not *perfection*