

Get Your Priorities Straight

5 Steps to Making
the Most of Your
Empty Nest Years





Your Kids Have Grown Up...

You feel ridiculously excited to have your time back (though maybe a little guilty for not having “empty nest syndrome.”)

There’s just so much you’ve been dreaming about for the past 20+ years, but now that you have the time to do it, you’re not sure where to start.

Welcome to The Best Years of Your Life!

You've done the heavy lifting, (you know...raising the family, establishing a career, paying a mortgage...), your health is still great, and life is opening up in front of you.

This is a great time to check in with yourself, so you get the most out of the years ahead, and avoid wasting time on the things that simply aren't that important anymore.

Just because you've always "done things a certain way" is no reason to lock yourself into a pattern, routine or habit that is no longer serving you.

**This is your chance to reinvent yourself into
the person you want to be.**

Life used to stretch out for forever back when you were starting out, so getting crystal clear on your priorities wasn't as urgent. Now you're realizing that you've got a finite amount of years left to make the most of it.



Here Are 5 Simple Steps to Help you Clarify what You Want to Spend Your Precious Time on

You can finish this whole exercise in 30 minutes. So go grab a nice cuppa or glass of wine. Let's start figuring out how to put a smile back on your face and a bounce in your step.

1 WILDEST DREAMS BRAINSTORM

Make a list of 10-20 things you've always wanted to do, but didn't have the time or the money to do. This is the brainstorming part, so write down everything...even the ones that sound silly. If you've got more than 20... good for you!

EXAMPLES TO GET YOU THINKING: Have you ever wanted to learn to dance? Go to a real Broadway show? Cruise through Europe on a Viking River Boat? Join a book club? Snow shoe in Alaska?



2 HOW DO YOU FEEL ABOUT IT?

Take each item on the list and give yourself a minute to really think about it. What is the first feeling you experience when you think about doing it? *(Here's an example of feelings to give you an idea: Excited, Interested Blah, Scared.)*

There is no right answer or wrong answer, just information. Be curious, and open to being surprised.

3 HOW IMPORTANT IS IT TO YOU?

For each item on your list, rate it on a scale of 1-10.

(One = Not important at all. Ten = OMG, I must have have this!)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Again, no right answers, no wrong answers. This is for you to start discovering how to begin the process of getting all the things you really want out of life.

4 LET'S GET STARTED

Take the top priority, and brainstorm how to get started.

DO YOU NEED TO:

- Sign up for a class?
- Buy a book?
- Buy a plane ticket?

Make a list of as many things as you can think of right now.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

5 IT'S ACTION TIME!

I _____, commit to putting the first step of _____ on my calendar by this date _____. (For example: Research dates for that french cooking class.)

If this has got you thinking and you want a little more help, check out my [Road-Map to Your Dreams](#).

In the [Road-Map to Your Dreams](#) we go through this entire process, but take it deeper. Plus, you'll have the advantage of finding out what's really been holding you back, you'll learn how to blast out your roadblocks, and you'll become an unstoppable force. I can hardly wait to see where you'll be going...



HI! I'M DANI BATES.

I'm a life coach for intelligent, capable women whose children are grown up.

They're feeling guilty for not having "empty nest syndrome," but they're not sure what's next or how to get started.

I help them figure out who they are now, design a plan to make it happen, and get them living their best years ever.