

**BC**

LEARNING

# Midlife MOT



Keep the wheels turning

# True or False statements

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Read the True or False statements below.

- My best days are behind me. (T/F)
- My life is expanding not shrinking. (T/F)
- I feel as though I don't know who I am anymore. (T/F)
- I feel stuck by the choices made earlier in my life. (T/F)
- I've got nothing left to look forward to. (T/F)
- Having to revise old and set new goals is highly stressful. (T/F)
- By this age, I should be further along in life. (T/F)
- Without my work, I don't know who I am. (T/F)
- I feel as though time is running out. (T/F)
- Middle age is a time of regrets. (T/F)

**Which statements above, if any, sound like you?**

The aim of this short course is to help you deal with phase of life problems and adjust to the accountability and interdependence of the mid-life.

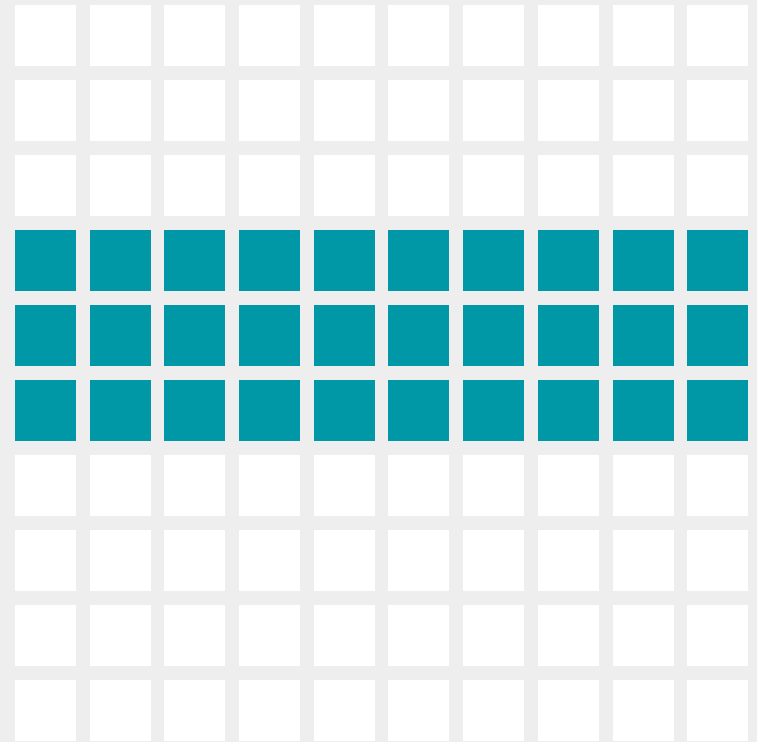
The next stage of your life should be characterised by one word – energy!

**Age is no barrier to learning.**

# Mid-Life

Mid-life is generally defined as the period of life between ages 40 and 64 (Lachman, 2004).

It can be a period of change, reflection and re-examination of life's past, present and future.



**Turn a mid-life crisis into a fresh restart.**

# Content areas:

Mid-Life problems:  
what; when (onset);  
where; how; why

Advantages and  
disadvantages of  
current situation

Transition Theory

Sources of  
depression

Changing meaning  
value systems

Trade-off thinking

Separateness and  
Togetherness forces

Future Self

Action Planning

# Benefits:

- ✓ Identify values that guide life decisions and determine fulfilment.
- ✓ Deal with restlessness and feelings of loneliness.
- ✓ Implement changes that reduce the burden of responsibility felt; reallocate time and effort to restore balance to life.



**Life really does  
begin at forty. Up  
until then, you are  
just doing research.**

**Carl Jung**



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