# How To Pivot at 50 to Find Your Calling with Lisa Griffith

with Lisa Griffith · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Lisa Griffith taught music for 30 years before starting her professional organizing business in 2008, when she was just over 50.

- [ ] Ask yourself what you would do with a free afternoon and no obligations, and write down the answer.
- [ ] Keep your current income while you test a new business on your days off, evenings and weekends.
- [ ] Research the field, take courses and join the local chapter of its professional association.
- [ ] Shadow someone already doing the work before you make the jump.
- [ ] Offer to help friends for free so you can practice.
- [ ] Hire experts for the tasks you're not good at or hate, like maintaining your website.
- [ ] Spend early money on a business coach or a free SCORE mentor before marketing materials.
- [ ] Plan your days in writing, with a calendar and a to-do list.
- [ ] At the end of each day, write one thing you did on a sticky note, and what you'll do tomorrow.
- [ ] When you feel depleted, go outside for 15 minutes and move your body.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/career-change-at-50-lisa-griffith/
Feeling stuck in your business? Book a private 75-minute Business Logjam Session with Kathi
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