How to Ride the Waves of an Entrepreneurial Life with Judy Wong

with Judy Wong · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Transformation coach Judy Wong turned 60 in the middle of a busy international teaching career and found that everyone suddenly wanted to talk about her retirement.

- [ ] Count the years you may still have ahead, using Judy's 30-to-40-year math, before deciding you're done.
- [ ] Stop describing yourself as "retired" and say what you're doing next instead.
- [ ] List what you did, loved and were good at before your last 20 years of work.
- [ ] Start a life list of careers and dreams you still want to pursue.
- [ ] When a plan stalls, ask "why?" until you reach your big why, then pick the small steps that serve it.
- [ ] Pick one thing you'd enjoy and commit to it at 300 percent, accepting mistakes as part of learning.
- [ ] Put downtime on your calendar, especially when you're enjoying your work.

Listen, read the transcript and get the links: addspacetoyourlife.com/podcast/reinventing-yourself-after-60-judy-wong/
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