



HOW IT ALL BEGAN.

In Mid 2018 I had some health challenges, it was one of those moments when we ask ourselves “What If” it was also a moment in time when I realised I was not living my passion, I was not doing what floated my boat. To say the zing had gone out of life is somewhat of an understatement, so I knew life was about to change, in what way and how, was still a mystery, and to be honest, scary as well.

I honestly believe that when we are faced with the need for change and we don't quite know where to go or what to do, signposts or synchronicity and grace turn up. It is almost by magic, we read books that fall off shelves, receive phone calls that are unexpected, signposts are everywhere we go, pointing the way or showing us the next steps.



That's how it was for me. I sat down one day, several weeks after the turning point as I call it and asked myself what would I really enjoy doing, what would float my boat, put pep in my step?

PUTTING PEP IN MY STEP

If you were to look around me, you would see a clear demonstration that the person who lives in this house, is creative, a bit, or a lot quirky, loves interior decoration, loves clothes and accessories and has a passion for the garden.

The opposite of this was that I secretly struggled with the idea of ageing and the concept of time running out, how would I be relevant and lead an inspired and awesome life? Not easy questions or mindset, but being the determined person that I am, I knew there was an answer to what I was struggling with and I had the tenacity and necessary mindset to turn this around.

Bold Not Old was created and manifested out of health issues and the internal dialogue of relevance, impact and meaning. It also became apparent that I was not the only one struggling with these questions and concerns around positive-ageing.

As I continue this journey and experience what it is to demonstrate Boldness and live a life of not going silently into the night, I want to share some of the steps to living a bold life..

My **5 Step Manifesto** for living a bold life that will not only add impact and meaning to your life, but create a life of relevance.

Take a deep breath, let's begin the journey of being relevant and inspired by life, as I often say, if you don't like the one you have, Change it, you choose.

STEP 1.

BE INSPIRED

I love Language. There is such a feeling that can accompany language, such powerful images and ideas that can be imparted to the recipient. When I first read about "boldness" I was caught in such a space. The way the word resonated with me was no less than illuminating. Why? Because "boldness" is the language of Entrepreneurs, it illuminates by virtue of the fact that it needs DREAMS to give it substance...

Our lives light up when we pursue them with "Boldness". Don't be misled by the general interpretation of boldness. For most people the word boldness conjures up brashness, or being garrulous, even cheeky or in your face. This could not be further from the truth of the meaning of the word boldness. I am using it where it's a word that speaks of being energetic, fearless, full of movement and action and of course, the most important ingredient *initiative*..

- I Intent
- N Now is the time-not later
- I Innovation
- T Turn your passion or what floats your boat into a life of meaning and excitement.
- I Involve other like minded people in your dreams
- A Allow yourself to think outside the box
- T Take action
- I Improvement continue learning and evolving
- V Vitality...wellness comes from living with passion
- E Encompass, be centred and balanced, so you can work from your deeper self.



DREAMERS ARE WINNERS

An inspired life is not only worth living, it is worth living with gusto and inspiration and a full commitment to doing the very best that we can, giving all of ourselves to life.

Inspiration can be for some, a fleeting moment in time when a burst of energy arrives, a moment of get up and go. This is not what I am referring to here, I am talking about a sustainable excitement, a focus and passion for life that sees us through the good times and the not so good times, it is the wind beneath our wings.

I laughed when I heard the saying “if you have two of everything, one of them probably aches” I sure do feel this way on most days, but my inspired life keeps me in the game.

Time to reflect:

I want you to stop now and write down and describe what you do without adding a position title.

STEP 2:

BE BOLD

So why do you need Boldness? There is nothing as empowering as having a reason and a dream. If you think about the times when you have been really motivated in your life, you will remember you had a reason or a dream that you were following. There is no procrastination in boldness, it feels the fear and moves on.

The emergence of Boldness is being threatened by two cultural features.

1. Living in entitlement stripping ourselves of the inability to take initiative. Of course we have entitlements, our kids have entitlements as stakeholders in various groups and communities, we all have entitlements, but it works against us when we feel that everything should come our way because we see that is how other people have what they have, or when we feel we should have something that other people have, and if we don't then someone else is to blame.

2. The desperate search for security, the fear of any kind of risk

I am not saying that security is a bad thing, or that a just sense of entitlement is a bad thing, but they can totally drain the boldness from our lives. A life absent of boldness is a sure path to regret.

There is love and magic in living life boldly, giving all that you do, your best shot, feeling the fear and doing it anyway. This is not about the absence of knowing that fear exists, that some things are properly feared, but being able to heed the wisdom and guiding voice of fear, without which we are only being reckless and careless. It also involves learning to know when fear is unhelpful, when it is the actual enemy, when it can paralyze us from moving on.



BOLDNESS IS INITIATIVE

Can we learn to be bold? The answer is YES, we can begin by working on our self-confidence as a lack of this can manifest in being afraid to take action or the fear of failure. Either way living in constant fear of failure can have devastating effects on our health as well as our being able to live an abundant life.

One of the things that my many years in business, and my experience have taught me, is that change is not something that some of us experience and others don't, change happens to all of us. The severity of the change or its magnitude if you like, is of course an individual thing, as not all of us experience change in the same way or to the same extent.

One thing we can all be certain of, is that the world is changing at a rapid rate, and neither you nor I know where we will be in the next five years. What we do know is, as women we need to be ready to reinvent and re-energise ourselves and our lives, as well as our businesses if we have one. This was never so apparent as it has now become.

We have the **choice**, there is that word again, **choice** to either bury our head in the sand or climb to high ground and take a look at what our options are and what is available to us. Remember because the world is moving at such a rapid pace, some of those opportunities that will be available to you have not even been invented yet. There are new and different businesses and opportunities cropping up every-day in response to people's needs. Perhaps your possible business or contribution is one of those that will fill those needs. Remember the master teacher said " If you want greatness in your life, find **a way to serve the many**".

Time to reflect:

Write down what it was that you wanted to do when you were at school? What were your aspirations?

STEP 3:

YOU CHOOSE

I have found over the years how we as humans negate the fact that we have choice. We tend to blame outcomes on other people, circumstances and our own unwillingness to take responsibility. So many times I hear people say things like "I had to do it I had no choice". Of course this is a safe story, the kind of story that we can retreat to and feel better about the outcome because it sounds and feels right.

Story telling is woven into our very beingness, it is part of our culture and the myth of things. These stories are not the ones I am referring too. I am talking bout those stories that we tell ourselves as a result of our beliefs and so called truths, the ones that we have relied upon to fend off unwanted decisions or hurt feelings or as a way to rationalise what we do and say.

An example of this might something as simple as I can't do that I am too old, is a story, an excuse, a reason not to bother. The time has come for you to get into your life in a BIG way. You know you deserve it and I know you deserve it so let's get going on this. Prepare to get excited about your life, there is no time like the present to be fully engaged in your life. The first step is often the most difficult because it is the beginning, but it can be full of fun and excitement, you get to be creative, you get to dream.

Let's just stop and think about what life could look like if you consciously chose what it is you want to do and how you want to live.

1. Create a purpose for your life and put passion under it to give it flight. If you don't know what to do and you have so many ideas, simple, **CHOOSE** one. If you already have a passion or purpose but just don't know how to get started begin by using the steps I have set out for you.

2. Be bold, face the fear and uncertainty in your life and move. The worst thing that can happen to you is that you will look back over your life with wishful thinking and regrets. Life is too short, eat desert first, most people sit in life's waiting room. I don't want you to do that, I want to encourage you to reach for your dreams and achieve all that your heart desires .

5. Creation and Innovation will change your life forever and If you are not sure if you have the skills or time to launch this new life of yours, just remember this. "If not YOU then WHO? If not NOW, then WHEN?"



FEAR IS NORMAL, REACH FOR YOUR DREAMS

Time to reflect:

Write down who you hope to inspire and why?

Take your time to reflect on this question as it is profound and meaningful to your life

STEP 4

BE SEEN AND HEARD

I took my passion for style, fashion, accessories and interior design and created Bold Not Old - a manifesto and declaration that getting old is not an invisibility cloak. It is not an excuse to shrink into the couch. It's a time to be seen and Heard - BIG TIME. My desire is for women to embrace being visible and irresistible, to see whatever is going on with you as a way to reach others and fulfil your Purpose. Many women feel that they lose influence and relevance as they age, their creativity waning as society relegates them to the boxes of 'granny' and 'old lady'.

I am urging you to embrace boldness as a form of freedom and unsuppressed creativity that allows you to add impact and meaning to your life.

I'm not suggesting you adopt what I have done, or demonstrate being seen and heard in the way that I am doing, but what is it that you can do to change the way ageing is perceived? I receive many comments from women saying that after seeing my postings on social media and reading about what I am doing, they feel inspired to make changes to their wardrobe or change the colours that they wear, I feel really good about this.

Being seen and heard is not a big deal, it doesn't mean you have to become a public speaker or change your whole wardrobe, it can be something as simple as saying NO when previously you might have always said YES. As we age we are often viewed as not having anything to do, others observe our lives as needing to be filled up, we need something to do, or worse still they don't recognise we are busy. This allows others to think our time belongs to them, these others can relegate us to feeling invisible, they may not even be aware of it, but unless we speak up, nothing changes and our lives keep moving down this slippery path.

I am a great advocate for setting up the rules, saying how things are, making sure my voice counts and my life is my own, it belongs to me, I get to say how it goes. Sure I polarise others sometimes, not everyone likes what I say or do, but that's one of the advantages of ageing I think, we get over what others think about us, and we get to choose who we mix with and who we want to be around. It's called FREEDOM AND CHOICE

Time to reflect

Write down and describe your life using only three words.

STEP 5:

ACTION, NO TIME LIKE THE PRESENT.(This is the GIFT)

I love to remind myself that the present is a gift, it is time, and we cannot control how much of it we will have? We fuss so much over the small stuff, making a meal out of details and what we think the outcome might be, we forget to just have a go, as this present time is all we have. What if we have a shot at something and it doesn't work out the way we wanted it too, isn't that still better than not trying at all and being left wondering when the days have gone.

I find this is the point when the rubber meets the road so to speak, it is when we face ourselves down and choose the road ahead. Many people stall right here at this point. It's interesting how we perceive change, and how we kid ourselves into thinking change won't happen for us, we can just keep doing what we are doing and life will go on as usual, BIG MISTAKE.

We are all touched by change, we only have to look around us, talk about changing times, changing attitudes, not to mention mindset, manners, etiquette, the list is endless. Oh! Yes we can't avoid change. Taking action even if the first step is to refresh your memory and write down your dreams, to remind yourself why making a change in your life could be a great idea and what it is that you want out of life. Action comes from intention, what do you intend for your life? Think outside the box, who can you connect with, what things from the list above in reflection time could you now incorporate into your life. Who is doing what you would like to do and how are they doing it. Look at your life as one that could be Re-energised, Re-purposed and Re-invented.



CHANGE IS INEVITABLE

It is my belief that we are all, (meaning humanity and especially our generation) are being called to look closely at our lives and the ways in which we relate and communicate with one another. For example I feel strongly about those of us who are older, being the new generation of role models, our

younger generation need us to lead the way, to demonstrate that we are the grown ups in the room. That ageing does not equate to decline and inertia, it is in fact a time of renewal and what I like to call RECLAMATION. This reclaiming of the spectacular part of ourselves, the knowingness and intuitive self that can guide and direct us on this next journey.

Technology is a way of life, we all accept this to be the case, but the way in which we integrate that into our social and communicative lives is sadly affecting our relationship with ourselves and the wider community and world. Our younger generation does not have the wisdom and experience of time, we are the ones who have seen the comparisons, we have the wisdom of what works and what is missing.

I am throwing down the challenge to you my friends to make your life count in these later years, be the world you want to see, be the torch bearers for an Age-positive movement.

It has absolutely been my heartfelt pleasure to share this short version of the Bold Not Old Manifesto with you and I look forward to you being the amazing person that you are, I leave you with this.

*You are Created for success,
Engineered for achievement,
And Endowed with the seeds of greatness.*

Big Hugs

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