

# Reinvent Yourself

*A New You*



By The American Institute of Health Care Professionals, Inc.

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# Are You Stuck?

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*“It’s never too late - never too late to start over, never too late to be happy.”*

Jane Fonda

If you are feeling stuck, or if life has handed you circumstances that dictate you need to make a significant change, it may be time to reinvent yourself.

Reinvention means you get to design or redesign who you are.

But is such change possible? How do you start such a dramatic change process?

The truth is that you can change.

You can start over.

You can change yourself.

You can complete yourself.

People do it all the time.

Tap into your hidden potentials, unlock all your capabilities, and revise your dream of a perfect you and future by reinventing yourself.

Reinvention is a journey, it isn’t about leaving yourself behind, it’s about finding your *true* self.





## Examples

- Perhaps up to now you have found yourself doing things that are not in line with your current values, for example, lying to get what you want. Perhaps this dishonesty has caused you consequences that you are no longer willing to accept. Your reinvention would then focus on becoming an honest and sincere person.
- Perhaps you have suffered from low self-esteem and so your life is unhappy and unfulfilled as a result. Your transformation would then focus on building that self-esteem and reinventing yourself as a person with a high self-worth.
- Maybe you find yourself sick of your work and decide to chase an old unattained dream, so you decide to go back to college and get a degree.
- Maybe you are a people pleaser and find yourself no longer willing to put others ahead of yourself or your own needs, this is a perfect reason to reinvent yourself.
- Milestone ages are great times to consider reinvention. What needs to change when you turn 30, 40, 50, 60 or even 70.
- An interesting example is someone who relies too much on romantic relationships for happiness and survival and so the reinvention would entail letting go of such dependency and dependent thinking and to become willing, comfortable and ultimately secure and happy on their own.

**These are just a few examples; the list can go on and on and you will need to decide what your reinvention needs to be.**

Whatever your reinvention entails, the change necessary to reinvent yourself requires self-discovery, adaptation, hard work, and commitment. You may need to acquire or build new ways of thinking, habits of mind, and daily routines in order to engage in transformational change.

The other thing that sometimes happens when you reinvent yourself is that when you make room for new goals and a new you, you may need to sacrifice something. You will likely want to give up some of the old ideas, habits, and beliefs that have been previously holding you back.

Reinventing yourself means you are building a better version of yourself. You are shifting in major ways to make choices that allow you to reach your full potential and become the person you want to be.

**“Life begins at the end of your comfort zone.”**  
Neale Donald Walsch

# What Leads To Reinventing Yourself

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**“I feel like I have a job to do like I constantly have to reinvent myself. The more I up the ante for myself, the better it is in the long run.”**

Kevin Hart

Some people find reinvention thrust upon them when life’s circumstances change unexpectedly. Major life events can necessitate the need for significant change so that you may be engaged in reinvention because of substantial life changes.

For example, if you suddenly find yourself alone after being married for several decades, you may want a fresh start in life. If your job lays you off in the middle of a financial meltdown, a change could be necessary to get back on your feet. Grief, loss, tragedy, and feeling your mortality are often swift and unexpected reminders that your life can be different if you want it to be.

Other times, the need for change can be revealed slowly, with subtle but consistent reminders that you are not happy.



You may realize that you are ready to try something new. It’s not always an “ah-hah” moment that inspires great change. It can be a thousand tiny moments that add up to inspiration.

People reinvent themselves for as many different reasons as there are different people. Reinvention is typically driven by a few prominent emotions:

- Boredom
- Restlessness
- Dissatisfaction
- Even fear



## **Proactive Reinvention: Purposefully Forging A New You**

There are several kinds of reinvention. Proactive reinvention can be the toughest. In proactive reinvention, you are at a place that's safe and comfortable at that moment. Major life changes aren't immediately required. You might even be able to keep on coasting just as you are, but that's not a satisfying place for you anymore.

Even though reinvention can be scary, you still have the desire to do it. Reinvention seems better than where you are. Maybe you are simply tired and unfulfilled with your life, your work, or your relationships. Sometimes all three categories cry out for change.

**Proactive reinvention has the advantage of not being urgent in most cases. You can be deliberate in your choices.**

Change is part of life and choosing to change yourself for the better is a healthy and normal reaction to all the ways we grow and evolve throughout life. Deciding to transform yourself just means you recognize that an evolution is needed at this point in your life and you want to take advantage of it.

So, how do you know if you need or are ready for a total reinvention?

How can you be sure that what you are feeling is really worthy of this type of transformation and that it won't pass soon enough?

Let's look for some of the most common signs that you need reinventing.

# Signs That You Need A Reinvention

*“Life isn’t about finding yourself. Life is about creating yourself.” - George Bernard Shaw*

There can be many signs that will tell you that you are ready for or in need of a reinvention. Many people decide to change themselves after a significant life event, such as a divorce, death in the family, a layoff or promotion, having a child, or others. Others result from a long-time nagging feeling of disappointment or unhappiness.

Most people who decide to change themselves feel unfulfilled in some way. If you are not fully present in your life, if you are continually seeking some way to feel better or happier, or if you walk through your days without much focus or aim, it’s time for a real change.

Yes, you say, but doesn’t everyone go through some amount of dissatisfaction from time to time? Should I reinvent myself every time I’m a little bit unhappy? Of

course not. You need to be able to look for the signs that tell you that this is a life-defining moment, not just a short-term malaise.



## Consequences

One of the main proponents of change is consequences. Has the price (for whatever) become more than you are willing to pay? For example, is your timid or unconfident self-keeping you from promotions at work? Are people who are more confident, and aggressive passing you by? Are you sick and tired of the feelings that arise when this happens? If yes, then you are ready to make the changes needed to transform yourself and get that next promotion.

## You Seek Out Distractions

Most people spend some amount of time doing things that are to distract from the mundane chores of daily life. Surfing the internet, binge watching shows, scrolling through social media, and playing video

games are all examples of prime distraction activities in the modern age. And, there's nothing wrong with seeking a little distraction now and then.

A sign you may be ready for a real change in life, though, is when you spend a great deal of time engaged in these types of activities. This is a sign that your life isn't meeting your needs, and you need change.

Not sure if this is you?

For one week, track precisely how many hours you are engaged in these types of activities. Include how much of this type of disengagement happens while you are at work or when you are spending time with people who should be important in your life (like a spouse).

If you are trying to distract yourself more than 20 percent of the time, your lack of interest in your own life and daily activities is pretty high. You are interested in paying attention to your job, your spouse, or yourself. You are not being fulfilled, so you are distracting yourself from your life.

If you are always daydreaming of a better you, a better life, or a better partner, it's time to reinvent yourself.

If your focus is on what you want and don't have more than on what's right in front of you, you are ready for a change.

*“Sometimes you have to kind of die inside in order to rise from your own ashes and believe in yourself and love yourself to become a new person.” Gerard Way*

## You Make Unhealthy Choices

When you are unhappy or suffer from low self-worth, you are much more likely to make unhealthy choices. Drinking too much alcohol, opting to stay at home instead of exercising, eating to excess, not getting proper sleep, and retreating from your social circles are all signs that you are unhappy, and change is needed.

We all have vices and bad habits that seem to creep up again and again in our lives. The times they are most likely to make an appearance, though, are those when we are at our unhappiest and most vulnerable. These behaviors represent our emotional crutches, the ones we lean on when all else has failed. When you notice these patterns creeping back into your life, it's time to pay attention.

## Envy

Are you often wishing you were your friend, family member or co-worker? Do you wish you were someone else? This is a telltale sign that you are dissatisfied in some way. Consider what the envy is all about. Write it down. Then consider the source of the envy. Do you really want what those people have or who they are? Pinpoint the reasons for the envy and you will understand where your reinvention should begin.



## You Are Disengaged

When you notice that you are detaching from your life, spending more time plodding through than actively participating, you are ready to reinvent yourself. If you spend a good deal of your time just going through the motions or if you lost passion for significant pieces of your life, you are ripe for transformation.

Disengagement can look like a lot of things. If you live your days waiting until it's time for bed, your week longing for the weekend, and your life biding time until your next vacation, then you are not very engaged in the here and now. You are ready to reinvent.

## **You Are A Procrastinator**

This is a common condition for many. It causes you to be stuck and never really accomplish much. If you find yourself always putting things off, and saying tomorrow, tomorrow, tomorrow...it's definitely time for a reinvention.

## **Your Priorities Have Changed**

Priorities can change as you age or anytime in life. When you were younger perhaps it was more important to party, go out and have a good time. Now that you are older you may have more important things on your mind like taking care of family and planning for retirement. Or you may simply be thinking about your future and where you are headed. All of this requires a change in mindset, and action steps and so your reinvention can focus on that.

Your priorities are your own, and so you will need to decide what the details of the reinvention will be to reach your end goal.

## **Bad Habits**

Bad habits are ideal catalysts for reinvention...

- Are you a couch potato?
- Do you smoke?
- Do you drink too much?
- Was the last time you ate a vegetable at your middle school cafeteria?

Perhaps a lot of the things you do are “bad for you?” Specifically, is poor self-worth causing you to be self-destructive? Do you sabotage yourself often? This is an ideal reason for reinvention. To grow as a person and love yourself yields many significant benefits.

## Poor Relationships

One of the best ways to ascertain your own personal psychological and emotional health is to look at your romantic partner. Are they caring, loving and supportive? Or are they the opposite? They reflect you, and what you feel you deserve. If you are often unhappy in your relationships and feel stuck in a miserable relationship, this is a sure sign that you need a reinvention.

Breaking up with this person is typically not enough, it's a short-term solution, a band aid. Typically, the next person you attract will be the same. In these situations, you need to work on yourself and analyze what is going on within yourself.

When you change yourself, the people you attract will change as well. Seeking the help of a trained mental health professional can be of great help in this area.

## Other Signs And Reasons For Reinvention

Those who need or would benefit from reinventing themselves are likely to be depressed or anxious about their current status. They may have recently had a major or tragic event in their lives. They seem to go through the motions without really engaging in life.

They struggle to find real joy or purpose. And they are always questioning their own actions, choices, habits, and abilities. Does any of this sound like you? Are you longing for something new or ready to start living the life you've always wanted? Then you are ready to enjoy all the benefits of reinventing yourself.

- You experienced a nasty breakup
- You didn't reach a goal you had set for yourself
- You have character defects that you want to change
- You have low self-esteem and wish to change this
- You're approaching a milestone birthday, whether it's 60, 50, 21, 40 or 30
- It may be a periodic reinvention, perhaps you want to reinvent yourself every five years
- You may just want to explore different areas of your life and aspects of yourself
- You want to grow as a person
- You want to elevate some part of yourself, be it psychological, spiritual or emotional or mental
- You want to develop healthier behavior patterns
- You feel as though you're stuck in a rut

- You've been treading water in life for too long and you're ready to make a change
- It's time for a comeback, like a phoenix rising from the flame

*“Every day is a new life to a wise man.”*

Dale Carnegie

# 54 Areas Of Personal Development – Get Inspired

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Here is a list of areas of personal development. Use this list to consider your own self, where change may be needed and for general inspiration. This is a great way to pinpoint your reinvention needs.

1. Confidence
2. Assertiveness
3. Self-Respect
4. Career
5. Goal Setting And Achievement
6. Focus
7. Self Esteem
8. Eliminate Self-Sabotaging Behavior
9. Change Bad Habits
10. Limiting Beliefs
11. Productivity
12. Mindfulness
13. Inner Peace
14. Dealing With Change
15. Enjoying Life
16. Control Emotions
17. Processing Feelings
18. Dealing With Failure
19. Self-actualization
20. Attitude
21. Time Management
22. Problem Solving
23. Dealing With Adversity
24. Self-Reliance
25. Emotional Intelligence
26. Independence
27. Overcome Boredom
28. Stress Management
29. Belief in Self
30. Defining Values
31. Self-awareness/Self-knowledge
32. Self-Care
33. Motivation
34. Communication
35. Strengths/Weaknesses
36. Self-Understanding
37. Mood Management



38. Manage Difficult People
39. Procrastination
40. Leadership
41. Clarity
42. Potential
43. Optimism/Positivity/Happiness
44. Organization/Efficiency
45. Relationships
46. Purpose/Passion/Vision
47. Assertiveness
48. Fulfillment
49. Attitude
50. Life Purpose
51. Finding Wholeness
52. Balance
53. Health and Wellness
54. Financial Freedom

**“This is life. Things get taken away. You will learn to start over many times - or you will be useless.”**

*Mitch Albom, **The Magic Strings of Frankie Presto***

# The Benefits Of Reinventing Yourself

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“There’s nothing more addictive or incredible in life than reinventing yourself and allow yourself to be different every day.” - Thalia

The benefits to your life from reinventing yourself are numerous, and we can’t even anticipate all the goodness you are likely to see. You probably cannot even imagine how great your life can be, at this time, if you learn to live to your full potential.

While it is natural to assume that achieving successes and reaching your goals will bring you happiness, it is also like your life will enjoy many other benefits from this process, as well. Here are just a few.

## Develop Your Self-Awareness

Reinventing yourself means you must start with an honest appraisal of your capacity, dreams, and values. Through the process, you become more aware of yourself, get to know all the parts that make up who you are and enhance your self-awareness. Reinvention can make you more aware of your strengths, weaknesses, habits, and mindsets, including those that are holding you back from realizing your dreams.



## Design Your Own Future

When you are reinventing yourself, you are designing the life and person you want to become. You make choices about the goals that are most important to you, and

you then craft daily decisions to form emotional, social, mental, and physical choices. Reinvention is just consciously making new choices for yourself, which allows you to craft the life you have always wanted.

## **Build Your Confidence**

Improving your skills, habits, and knowledge can help you attain more confidence in yourself. A wonderful outcome of reinventing yourself is learning to love and feel confident about the person you are choosing to become through this process. The more you grow and have success through reinventing yourself, the more confident you'll become that you can achieve whatever you put your mind toward in life.

## **Become The Best Version Of Yourself**

When you transform your life, you don't want to make changes that cause you pain or make your life worse. No! You make changes for the better. You learn to be the best version of yourself, and you craft the best version of your life that you can create. You can reach your full potential in whatever aspects of your life you choose.

Many people find that reinvention exposes them to new people and ideas, which broadens their thinking. Some report healthier relationships and more success in their professional lives. Others notice a reduction in mental health problems like depression and anxiety. Whatever benefits you experience will be well worth the effort. So, do you have what it takes to reinvent yourself? Let's find out.



## **Improve Your Health**

Reinventing yourself is good for your health. Change is useful for your body, as it releases happy hormones like dopamine, oxytocin, and serotonin. If you don't feel well, that's all the more reason to work hard at changing your life, as the process can help you feel better.

## **Learn To Face Fear**

Fear is the first roadblock to personal change. It's not that easy to change one's self and life without giving up something you've already got. As you continue in the process, you learn to still and manage your fears. You learn how to go forward even if your plan is in constant development.

Reinvention requires embracing uncertainty. It means getting comfortable with discomfort. Doing new things, trying new ways to be is scary! Allowing fear to stop us from changing is always the biggest block to proactive reinvention. Always.

Unlike reactive reinvention, when you must make big changes or face even worse situations than self-renewal, proactive reinvention seems optional when we get scared, so we have the option to retreat into safety. Safety is great. However, clinging to the safety of the familiar ensures you will never reinvent yourself.

Regeneration of the self requires living with fear, too. Consider as an example the situation of leaving one career for another, more ideal career. Common wisdom says you must have another job before leaving your current job. That wisdom in this situation kills any chance of getting that ideal job.



It's very hard, maybe impossible, to prepare for a completely new profession while working a full-time job. A dentist who leaves her job for another job as a dentist has changed locales but has not at all reinvented herself.

Making a jump from the known into the unknown safely, with no risks, doesn't happen. There is always some element of risk. Learning to live with risk in order to get something you dearly want is one of the biggest rewards of reinventing yourself.

## **Increased Stress Tolerance**

There will be stress during the reinvention process, however, as we use new tools to help us on our way, we learn to diffuse and dissipate.

## **Clarity**

You gain a clear understanding of what you want in life, from yourself and others. You also get a lot of practice with honesty. After all, you must be honest with yourself about things you want to keep going forward—and what you want to jettison. Sometimes this involves relationships.

It's easy to get stuck in friendships with negative energy-draining people who will deride your changes. If people put down your need to become a better, truer you, evaluate your relationship with a clear eye and consider if they're worth bringing to the new you.

## **A Bigger Toolbox Of Coping Skills**

Reinvention is all about changing for the better. Getting there takes a lot of new skills. You'll boost your coping techniques and your tolerance for uncertainty.

## **Adaptation**

You learn how to be adaptable in the face of new challenges and that is a life skill that is useful in many ways.

## **Master Change**

It's rarely possible to completely control change. Think of personal change as a river. We decide we'd like to do some personal invention and wade out into the mighty flood, but our ability to traverse the river is at first limited. Learning how to navigate change is not unlike learning to swim. The potential for losing control and being overwhelmed by change is one of its scariest aspects.

However, when we're working to change ourselves, we're also learning how to manage the changes we're invoking. For example, if we're uncomfortable in social settings, we can set a goal of socializing a specific number of times in a week or month. We pace our efforts to change internally by using external events, and we stay in control.

## **Live Deliberately**

Deliberate living is about more than just being alive. It's not about changing your job or moving to a new locale. In this case, internal, deliberate changes in who we are drop us out of psychological autopilot and allow us to live passionately, no matter our circumstances. After all, it's not always possible to wring from external existence the satisfaction we get from deliberate living.

To live but in a frozen, changeless and unsatisfying state without living a life that you're passionate about means living on autopilot. The days come and go, become years, then change into decades.

There's nothing particularly special about any one day. Maybe the occasional holiday has some vigor but living as if existence was enough is to live in a colorless world.

Deliberately living, of course, isn't 100 percent fun. Bad things still happen; boredom is still part of life, and everyone goes off-course sometimes. The difference is that deliberate living embraces personal change.

Much like mindful awareness, deliberate living results from paying attention to our world but most importantly to our innermost selves, our internal processes. Can we become estranged from ourselves? Absolutely. Can we change? Definitely.

## **Forgiveness**

Most of us need to forgive someone in our lives for things we've done or imagined we've done. Reinventing ourselves allow us to say truly "That's who I was, but I've learned and grown. I forgive myself for the things I did before I decided to change."

Reinventing ourselves allows us to make peace with bad times. Most importantly, it allows us to draw all the good we can from our mistakes and failures and incorporate those lessons into our new self. The lessons learned from our downfalls are exactly what our personal reinvention needs.

## **You Learn How To Reinvent Yourself**

This benefit might seem obvious, but once going through the process of self-transformation for the first time, all future transformations become less scary. With fear removed, it's easier to explore new options in life.

to  
own  
things  
people  
for  
true

W. SHAKESPEARE



# What It Takes To Reinvent Yourself

*“If you are not where you want to be, do not quit, instead reinvent yourself and change your habits.” - Eric Thomas*

Reinventing yourself is not something that happens overnight, nor is it something to be undertaken without forethought or consideration. You are seeking to transform yourself, which can take time, depending on its focus.

Those that are most successful at reinventing themselves have some common characteristics, habits, and mindsets that help them to achieve their goals. Here’s what it takes to reinvent yourself.

## Resilience

Along your journey to a new you, there will be problems, obstacles, setbacks, and even some failures. These are guaranteed to occur and being able to get back up after you’ve been knocked down in life is what is known as resilience.

Being resilient is essential for reinventing yourself, as it provides you with the efficacy and strength to overcome these setbacks, instead of giving in and settling for less than you want in life.



## Self-Image

If you want to reinvent yourself, you must think of yourself in a new way. Creating and honing a new self-image is necessary for the reinvention process. You are going to need a clear image and notion of what you are trying to achieve in this process, and visualizing and articulating who you want to be at the end of your journey will help you determine the best way to get there. Your new self-image serves as a consistent reminder, too, of why you are choosing to change your life.

*“Nothing in the universe can stop you from letting go and starting over.”*  
Guy Finley



## Motivation

Change like reinventing yourself takes time and energy. You can't stop being yourself or living your life to focus all your energy and commitment on this transformational process, after all. You still have to go to work, cook dinner, and pay your bills.

Finding the time necessary for the extra activities and habit-building required to become a new you mean you need to dig deep into your motivational reserves to stick with it. Staying positive, tracking your success, and understanding your goals can all help you remain motivated throughout the process.

## Support

While self-reliance is important, accomplishing transformation requires support from others. A supportive team can provide you with people to lead on, supplement your motivation when it starts to wane, and offer advice when you need new ideas.

It's also difficult to make a significant change when the others in your life do not understand or support your efforts.



## Realistic Expectations

It is crucial that you understand the real, transformational change is not going to happen overnight, and there may be things that you may never be able to achieve. Keeping your expectations high but realistic can help you reach for the stars while also remaining grounded in reality. Set yourself up for success with the right expectations.

## Humility

Changing yourself can bring up a lot of issues and emotions about the person you were as well as who you want to be. And when you start to achieve some amount of success in your reinvention, it can be easy to feel like you have it all figured out. Don't allow positive results to make you complacent, and always remember that no one is perfect, so everyone has room for improvement.

Now that we know what it takes to reinvent yourself, it's time to get down to the nitty-gritty. What are the actual steps to making transformation change in your life?

## **Courage and Fearlessness**

Any type of change requires some courage. As you head into the unknown and open new doors you must be fearless. You must take risks and believe in yourself and the process.

*“Each morning we are born again. What we do today is what matters most.”*

Buddha

# Steps To Reinvent Yourself

Like anything important and long-lasting, reinventing yourself works best when you know the best route to take and are prepared for the obstacles you may encounter. These steps to reinvention have been suggested by the very best leaders as well as those who have successfully reinvented themselves.

*“I thought, I need to reinvent myself. I want every day of life to be wonderful, fascinating, interesting, creative. And what am I gonna do to make that happen?” - Karen Allen*

## Start By Accepting Responsibility

The first step to reinventing yourself is accepting that your current circumstances and situation resulted from choices you made and actions you did or did not take. All your past decisions have led you to this point. It's easy to want to accept the joy and happiness in your life, but it's much more difficult to accept the poor choices and mistakes willingly. But, until you do, you won't be able to really change.

While other people and life's challenges may have contributed to where you are currently, only you are responsible for your happiness and reactions to others.

**If your life is not what you want, it is because of you. Why is this such an important step?**

**Without accepting full responsibility for your life, you cannot choose a new path and be successful in making meaningful change.** Accepting responsibility is crucial for being fully self-aware, which is necessary to help you identify what changes you need in your life to reinvent yourself. Acceptance of this kind is the ultimate form of personal power, which is the source of your motivation and strength you will need to make the changes you seek.



## To engage in acceptance, ask yourself...

- Do I acknowledge at this moment that who I am is all on me?
- Do I accept all the choices, both positive and negative, that have led me to today?
- Do I appreciate all that is unique and great about me?
- Am I ready to let go of the past and move forward to create a new future?
- Am I sure that I have full and total control of who I want to become?
- Am I ready to stop blaming others for myself and my situations and accept my personal power?

Only when you accept these possibilities and your responsibility in what has come before and what is ahead can you  
reinvent yourself

hope to  
successfully.



## Self-Assess

To know what you need to do to reinvent yourself, you first need to assess your current self.

Self-assessment means asking yourself some tough questions and engaging in introspection that can reveal some unwelcome truths, but this stage, like the first, is crucial.



**To get started, ask yourself some questions:**

- Why do you want to reinvent yourself?
- Why is this type of change necessary and important to you?
- What is your honest desire as an outcome of reinvention?
- Do these reasons seem important enough to you at this time?
- Do you have personal control over the aspects of yourself you most want to change?

Without the right reasons and motivations guiding your process, you won't have sufficient energy to get through this process. Without a full commitment, the changes you desire will always remain out of reach.

Once you know your motivation, take a look at yourself to assess your strengths, passions, and areas for growth. These questions can help you determine your drive for change, what you want to accomplish with this process, and what strengths you can build on to achieve your dreams.

Ask yourself questions such as these:

- What are those things that you find more fulfilling?
- What character defects do you want to work on?
- Who do you want to become?
- What personal issues do you need to work through?
- What are your greatest weaknesses that you can change?
- What are your values and beliefs that guide your decisions?
- Picture who you want to be? What are the details?
- What are your most pressing priorities in life, and how to these compliment or conflict with your desires?

Focusing on these areas can help you determine what you want to accomplish and frame your vision for your future, as your passions, beliefs, and values, which guide your mission.

**It's also important to investigate your areas for growth. Refer back to the list of 53 Areas of Personal Development for guidance.**

- In what ways do you see yourself needing to make changes?
- What would others say are your target areas for growth?
- Consider how these fit into your growth plan for reinvention.

Remember, we all have strengths and weaknesses, and instead of letting your weaknesses derail you or hold you back, transform them into strengths by using them to your advantage.

## **Set Realistic Goals, Then Take Action**

The key to setting goals you can realistically accomplish is to place your marker for success just out of reach and tie it to what you really value and desire in life. Remember to include your learning and ramp-up phase in your goals, as well.

What do you need to learn or learn how to do before you can start reaching for your ultimate dreams?



Change is a process, so how long will it take you to work up to the speed at which you will succeed? Remember that your journey will be the accumulation of many small steps, so how long, realistically, will it take you to achieve your ultimate dream?

When constructing your plan, allow for setbacks and slides. Changing behavior can be volatile.

It takes mental and physical energy, and we all know that those can come and go with the complexities of everyday life. Minimize this by working on one goal at a time.

**Some questions to ask yourself when creating your plan of action include:**

- What resources will you need to fulfill your plans?
- How will you start the reinvention process? How will you know when you are done?
- What major decisions will need to be made along your transformational journey?
- What smaller habits and routines need to change for you to reach your goal?
- What milestones will you be looking for along the way, and how will you honor reaching these?
- How are you going to track your progress?
- What sacrifices might you need to make along the way?
- What resources are at your disposal for overcoming obstacles or managing disappointments?
- What is a realistic time-frame for accomplishing what you want to achieve?

**Plans are important, but it is essential you are prepared that things will go wrong.** Nothing ever runs entirely according to plan, so prepare for your reinvention journey by being ready for these challenges. Think about what could go wrong, how you could be holding yourself back, and ways you have sabotaged your own progress in the past.

**Watch out for sabotaging behaviors.** These include making excuses for yourself, allowing emotional upheavals to control your actions, negative self-talk, reinforcing limiting beliefs on yourself, and not holding yourself accountable for your choices and behaviors. Have a plan for how you'll deal with these setbacks, and you'll be more likely to overcome them.

**While plans are necessary and important, it's even more critical that you do something.** Take action today. Do something every single day, even if it's just for a few minutes. Doing something, even if it doesn't work the first time, is always better than doing nothing at all.

## **Set The Stage For Success**

Change comes by altering your behaviors, routines, and habits. You will need to develop positive and constructive behaviors to help you change those that have been holding you back. Establishing these new routines will help you alter your thinking and emotions, too, which is crucial when reinventing yourself.

New habits are what put you in the position to take advantage of opportunities when they come your way and may even help create opportunities for you to achieve your dreams. If you are looking for a long-term partner, for example, simply saying you want to fall in love isn't enough.

Having the right mindset about being with someone else isn't enough either. You must be willing to do something that increases your chances of meeting new people and finding a partner. You need new habits that will make it more likely that you can fall in love.



**Your reinvention plan is really, then, a plan to cultivate and adopt the new habits that will help you change yourself.** This is another reason why reinventing yourself takes time and requires daily dedication.

**To set yourself up for success when adopting these new habits, you need to be honest with yourself about how long it will really take for you to change these behaviors.** This will help you layout a realistic timeline and keep you motivated because you will know what to expect.



**Keep your eye to the future with your feet firmly grounded in today.** It's not enough to be action oriented or be able to dream big. You have to be able to do. At the same time.

**Focus on what you can control and let the rest go.** You can't control everything, so don't waste your time worrying about those factors. Pick small hurdles on days when you have less energy, but don't step off the path, or you might not get back on.

## **Regular Reassessment**

As you embark on a journey of change and reinvention, remember to reevaluate your goals and plans regularly. You likely don't have the same goals today you had as a kid, right? So, why wouldn't your dreams continue to evolve with you over time?

**Spend time regularly reassessing where you are headed, if that's still where you want to be going, and how well you are doing with your progress thus far.**

Find a milestone or benchmark date that works for you but make this an annual habit. When you become flexible enough to adjust your goals periodically, you'll find that you are happier and actually attain higher accomplishments.

Don't look at this process as giving up on your dreams. That's not an accurate reflection of this habit. Instead of giving up, you are shifting your gaze.



You are setting your sights on something that is more important to who you are now, after a year of significant work and introspection. You are not the same person who made that goal a year ago, and you need the opportunity to change your thinking as well as change your mind.

And don't waste time thinking, "But, I've already put so much into THIS plan." Guess what? All that hard work paid off. It taught you new things and helped you refine your needs and values. That is never wasted effort. In fact, some would argue, that is the reward for deciding to reinvent yourself.

Checking in with yourself regularly can help you confirm that you are still on the right path, make adjustments where needed, and allow you to forge ahead with confidence that you are doing everything you can to reinvent yourself into the person you truly want to be.

## **Maintain Focus and Motivation**

Reinventing yourself requires focus and motivation. Sticking with it long enough to see meaningful change is the hardest obstacle for most people, as establishing new habits and patterns can take a while. One way you can help maintain your focus and stay motivated is to use visual reminders for yourself.

Think about the person you want to become and the goals you are working to achieve. One visual that



can help you remain focused on these ideals is a vision board. Create a space in your home or office that includes images and words related to your reinvention. You can even include inspirational articles or quotes, objects that hold significance for you, and other items.

Spend time documenting your vision, beliefs, values, and goals. Take the time to write these down, then place them somewhere you will see them regularly. Or, if you prefer, write yourself post-it notes and leave them around your house as reminders of your chosen path and objectives.

Transform your physical space into one that motivates and encourages your reinvention work. Have the resources and tools you need readily available. Get rid of distractions and detractors. Create an environment that serves your new purpose and focus.

## **Celebrate Your Accomplishments**

Along the path to reinvention, you should feel pride in the changes you make and the goals you accomplish. Celebrate yourself when you reach a milestone or master a new habit. Acknowledge your hard work, even when it doesn't always pay off right away. Make the effort, and your efforts will feel worthy.

# 35 Ways To Reinvent Yourself

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**“You always have the opportunity to learn, evolve, forgive, and change for the better.”**

Sade Andria Zabala

## Having trouble coming up with your ideas for reinvention?

Practice just generating ideas. Creative and introspection muscles atrophy when they are not used, so practice using them before making big decisions. Spend a week just creating as many new and exciting options and ideas as possible, without judging any design for any reasons. Focus on quantity and practice every day to build up those habits of mind.

## Therapy

Often, therapy is viewed as something that is solely for people who have mental health issues, but that is a completely falsehood. It's one of the best ways to get in touch with yourself, learn all about who you really are and improve yourself.



A therapist will simply help guide you through the discovery process. If you often find yourself in pain from the trigger of old memories, then it's something that you need to deal with. Even if you believe that you are mentally and emotionally healthy otherwise. Learning how to cope with painful emotions is a really important step in the reinvention journey.

## Wait until you are really ready for change

Sometimes, we are forced into making changes due to life's circumstances. But, until you are really ready and want to change, you won't be able to enact the lasting change necessary for reinvention. If you don't want to change, you never will. Wait until you are ready, and you'll find your reinvention process to be more successful and satisfying.

## Network with others

If you are interested in developing and reinventing yourself, it's important to stay connected to other people. Get to know new people to expose you to new habits and perspectives. This about how you can connect with your friends, family, online communities, colleagues, experts in your chosen field, and thought or spiritual leaders. All these people have something to offer your transformation.

## Identify Bad Habits

We all have our own bad habits, you can't leave them behind until you recognize yours. Do you procrastinate? Are you a nail biter? Do you smoke? Are you late for *everything*? It's time to step out of those bad habits. You can do this with a gentle reprimand or a distraction. Either way, leaving bad habits behind is vital to the reinvention process.



## External Reinvention

Sometimes the biggest favor you can do for your reinvention plans is to make an outward change. You can completely change your wardrobe or simply introduce a new outfit. Purge your closet of the outfits that don't feel like you or that you no longer wear and replace them with some pieces that fit with you more now. Reinventing yourself is often an inner thing, but an outward change can be a positive psychological encouragement.

## Get up earlier

If you are continually searching for time to engage in the work required to reinvent yourself, start setting your alarm 30 minutes earlier, and use the quiet morning alone time to focus on yourself. When no one else is awake, you'll find you get more done in a short amount of time at this hour, too.

## Remember to take it one step at a time

Reinventing yourself is a lengthy process. It can take years to reach your ultimate goals. Instead of just focusing on the result, remember to concentrate on what you can do today. Put one foot in front of the other and focus on today.

### **Get enough rest**

Sleeping at least seven hours each night is vital for maintaining your health and having the energy you need to reach your goals. No one can survive and thrive while being sleep deprived, so be sure you are getting enough sleep.

### **Learn from a mentor**

There are many different types of mentors, and they are everywhere. You can learn directly from people in your life, from authors, from online communities, through new experiences, by traveling, and be watching videos online. Soak it all up and learn from everything you can.

If you've got a general idea of what you want to do, you can start homing in on sources of information and expertise. Those sources can be people who are knowledgeable or experience with the subject matter, profession, hobby, whatever it is that's appealing to you.

If you know you want to reinvent yourself, but haven't got a lock on a destination yet, there's no worry. Many people go through the renewal process without any hint of a fixed destination or end-point in mind when they start off. That said, it's good to have someone around who can give you ideas, feedback, and support that's related to your journey.

### **Conscious Decisions**

There are times in life where you have no choice *but* to reinvent yourself. In this case, your decisions become different. The focus is on how you plan to do something and what you will do, instead of whether or if.

Go out of your way to make conscious decisions every day – whether it's what you have for breakfast or deciding to ignore the negativity in your life. It's a choice to work on yourself intentionally.

### **Set your priorities**

You won't be able to accomplish everything you need to all at once when reinventing yourself. Decide what is most important, and work on that goal first. Prioritize your most-needed or important goals and new habits first so you can make the most from your change process.

### **Learn from failure**

You can't learn to be a professional musician without making a lot of mistakes, so why would you expect to transform yourself without failing now and then? Failure is just an opportunity to get feedback. It's what you do with that knowledge that defines you. Learn from your failures and try again.

### **Deeper Meaning**

Sometimes life can feel terrifying, every day is exhausting. You feel stuck in this vicious cycle and it feels as though there is no fixing things. It's time to dig deeper. Look within yourself to recognize your thought and behavioral patterns. It's okay to recognize that there are areas of you that require improvement.

Just like it's good to see the good in yourself. It's all about getting to know yourself and understanding the hidden emotions that may be driving your behaviors. An important part of the reinvention journey is examining your feelings, how you react to them, and the circumstances in which you come across these issues.

### **Be silent**

When the challenges of reinvention start to feel overwhelming, sit in silence. Don't do anything, don't talk to anyone. Just be in the moment. Meditate or focus on the quiet, focus on your breathing, and remember that tomorrow is another chance to try again.

### **If you are struggling to identify your passion in life, try this exercise.**

Go to a bookstore and walk through the shelves. Browse all the topics. Which of these would you be willing to read 500 books about? In what area are you intrigued and curious? If you pick a focus and find a few weeks later that perhaps that wasn't really your passion, try again. There's no deadline. You have as much time as you want to pick your passion.

*“You may think it’s too late to start over; it’s not. You may think that you are too broken to be fixed; you’re not.”*

Alessandra Nicasio

### **Make interesting choices**

What do you want your biography to say at the end of your life? Make adventurous choices, and your story will be adventurous. Make predictable choices, and your story will be predictable. It’s up to you.

### **Practice honesty**

Being honest with yourself and others is important for acknowledging your successes as well as your failures. When you struggle, share this with others, as they may be able to help you succeed in your next attempt. When you are proud of your accomplishments, celebrate with others, too.

### **Get Spiritual**

Whether it’s meditation, yoga or even starting a journal. Getting spiritual doesn’t mean getting religious (unless that’s how you want to do it). It simply means connecting to yourself and the universe in a more profound way. One of the greatest ways to do this is to start a gratitude list. As you focus on the positive parts of your life you will attract more of the same. It will shift your entire perspective. It can also provide you with support during difficult times.

Becoming grateful for what you have and what you have already accomplished can help you through your reinvention process. Spend ten minutes each day acknowledging your gifts and accomplishments.

### **Keep learning**

Read books, take classes, go to conferences, but always keep learning, no matter what. Re invention means you need to become a new person, and that means learning new things. Continuous learning allows you to develop new mental habits, consider new ideas and perspectives, and learn what you need to help you accomplish your dreams.

### **Experiment**

Trying new things, like continuous learning, experimentation exposes you to a whole new world. Experimentation also helps you take risks, which is important for stretching you beyond your current capabilities.

### **Make a list every day**

Before you start your day, make a list of your areas of focus. You'll soon notice patterns, which tells you where your passions lie or where your priorities lie. Set daily goals, and make these your priority before doing other, more routine tasks.

### **Be bold**

Reinventing yourself takes courage. It's not always easy but be bold. No one else has to agree with or even understand what you are trying to accomplish. Boldness shows your confidence in your abilities to achieve your dreams.

### **Don't explain yourself**

When others question your choices or ask you questions about your decision to reinvent yourself, be honest but don't feel you have to justify yourself. You make your reinvention decisions because of your needs and desires, and no one else should have a say in that choice. You must live with your decisions, so it doesn't matter what others want or think.

**“Forgive yourself for the things that turned you into a ghost. Let me watch you love yourself solid again.”**

Caitlyn Siehl

### **Get out of your comfort zone**

If you really want to reinvent yourself, break out of all those habits and comforts of your former life. Break the mold to explore all the possibilities that life has to offer. Trying new things is the only way to explore new options.

### **Be realistic**



While it may not be possible to become an astronaut after middle age, it's never too late to explore a career in engineering, space exploration, aeronautics, or other fields that are connected to outer space. Think outside the box to find a realistic outlet for your passions.

### **While money isn't everything, it is necessary**

Yes, following your passion is a wonderful endeavor, it's also important that you can support yourself. Explore ways to turn your passion into a career that can support your financial goals, and you'll have the best of both worlds.

### **Stay on top of your finances**

Reinvention may cost you money. If you need to learn new skills or acquire a new degree to accomplish your new goals, that will take money. If you change careers, your salary will likely change, as well. Manage your money well, create a budget that includes all the costs of your reinvention, and learn to manage a variable income carefully.

### **Today is a new day**

No matter what, every day is a chance to reinvent yourself. Change never stops. Welcome and embrace this opportunity each and every day.

**If you have a passion for something but no skill yet, start today by practicing your new habit.**



If you want to paint, get your supplies and paint. If you want to be a writer, sit down today and write something. The minute you decide you are something or that you do something, you are on the path to reinvention.

### **Don't worry about what others want you to do**

Who cares if your parents always dreamed that you would become a lawyer. So, what if your friends don't understand that you long to be a chef. Choose yourself and your freedom over the desires of others. It's your life. Lead it how you want.

## **Turn a weakness into a strength**

If you are introverted, become the best listener. If you struggle to write clearly, become the world's best proofreader.

## **Teach**

When you have passion about a topic, consider sharing it with others. Make a YouTube video and start by putting your knowledge out there for the world.

## **Identify Your Loves and Passions**

What do you value? What gets your engine running? If you could make a living at a hobby, what would it be? Getting a handle on what you enjoy and what you love to do, how you love to feel, and whom you love to be around lets you set some big, broad goals. In all cases and steps of reinvention, ask yourself questions like:

- How can I make my passions a way of life?
- How can my loves and passions help me stay financially sound?
- Do I have any support to make the changes to become congruent with my passions?

## **Explore Your Immediate Options**

Immediate options generally include things like your skill set, your finances, your contacts and social links in life. These can be springboards to the new you. Think of these as assets you already must dedicate to your renewal.

## **Consider the Unknown**

The unknown is scary, but it can also lead to some great discoveries. There are two big sources of it, too. There's the unknown out there in the world external to us, and the unknown inside you. When you change your life, there's bound to be internal changes that you didn't plan for.

If planning were all it took to reinvent one's life, it'd be much simpler. Let the possibility of change flourish in you. If you try hard to hang on to everything that you've got now, that you are now, nothing will change.

# Reinvent Yourself After Age 50

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50 is an interesting age because at this point in time, you've experienced much of what life has to offer. However, many people at age 50 feel the need and desire to change things up a bit. Whether that means with life in general or whether it means working on a new "you" (ideally, it's both).

## How can you best reinvent yourself at and after age 50?

The most important thing to remember is that it is entirely possible, and many people have more success at doing so than other age groups.

- Notice the psychological changes you've experienced
- Make better relationship choices
- Make a really big life change
- Make up for lost time by attempting things you've dreamed of but never did
- Keep fit and active
- Consider your newly defined roles, perhaps your children left for college and now "motherhood" has a different meaning
- Consider dreams you have put off because you were raising children

The "mind" changes as time does and you'll want to adjust. It doesn't mean something is wrong; however, it's this way for a reason. Desires and priorities come and go but it's up to you to decide where you want your focus to be.

**Time and experience cause changes in mindset and it's best to utilize the changes as a "strength" rather than a burden.**

The relationships you build at this age are extremely important as you'll likely have these people in your life for a while. Connecting with people who are like minded and mindful of your well-being will be a great asset to your life at and after age 50.

Many people neglect to strategically choose the company in their lives which can cause loneliness and depression. Lasting relationships take time to develop. Your social circle will likely be different at this point and priorities will be drastically different as you desire to settle down and appreciate relationships.

Past life experiences can cause regret for many but 50 is a perfect age to make some really big life changes. The desire to become involved with others and become a productive member of society appears to be the case more so at this age. Stagnation is often detrimental for many (especially at and after age 50) and avoidance of such circumstances is often necessary for wellbeing.

**Now is the time to really stretch yourself a bit further, to make life what you want it to be. In fact, many people over 50 experience the biggest life changes, and have a whole new role in life.** Age is not a determining factor of when life starts to slow down in special instances (*you can choose when you want to slow down*).

**By pushing yourself physically and keeping active, you can reinvent yourself by allowing your body and mind to encourage many more years of productivity.** Exercise and activity are essential for life itself and the mental benefits are just as prominent. There's no excuse for not maintaining a healthy mind and body which will increase longevity drastically.

Age 50 is a special age and a beginning of more to come. Focus needs to be a priority because slowing down isn't an option. The wisdom and experience at and beyond this age is beyond useful to society.

# Reinvent Yourself After Age 60

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At age 60, life can be extremely meaningful, and it may not be as much about “you”. It may be time to pass the knowledge on to younger generations and sharing what life has taught you. You may even want to progress in your life as far as career goes and this is completely normal.

## How can you best reinvent yourself at and after age 60?

- Focus on contributing to a greater cause (promoting a lasting sense of self-worth)
- Be consistent with social interaction
- Enjoy life more often (leisure activities, travel, etc.)
- Make health a priority (exercise, nutrition, therapy etc.)
- Design your retirement in line with your own goals, needs and desires
- Make a major life change

**Putting out into the world what you’ve taken in, from years of experience, is one of the most gratifying aspects of life.** When we help others by sharing something, we’re passionate about our sense of meaning increases drastically. We always want to feel a sense of worth (who doesn’t) and it’s necessary to put yourself out there more (especially at and after age 60) than ever.

**Loneliness at age 60 is very common and unfortunately depression and a loss of interest in life can result.** However, it’s up to the individual to want to be active in engaging with others to avoid a life of solitude. Meaningful relationships can make life so much more enjoyable, and for many they are essential for a healthy lifestyle.

**Around age 60 and the years which follow is the perfect time to start putting the stresses from your younger years behind, to enhance quality of life from this point on.** Leisure activity is earned, and years of hard work make this completely understandable. The lifestyle choices at this age are crucial to long life and health.

**Health should be a priority at this age, and not only physically speaking because the mind must be maintained, especially as you get older.** Mental health exercise is just as important as exercise which

conditions the body. Consider having a regular therapist which you can benefit from by expressing yourself and venting when necessary.

Being disciplined by making healthy nutritional choices and exercising will do wonders for health. It's important to keep yourself as healthy as possible if you want to experience longevity in your efforts of self-reinvention. Lifestyle changes are not an option if you desire to reinvent yourself at and after age 60.

# Final Thoughts

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Reinventing yourself can spring from many reasons in your life, including major upheaval to general dissatisfaction. Regardless of your impetus, embarking on a significant life change such as this is a brave move that can help you achieve your ultimate happiness. Be willing to put in the hard work, and you will reap the generous rewards.

Don't be afraid to purge your life of what is holding you back. It might be a stack of books that no longer align with your values, it could be clothing that doesn't fit or even furniture that is uncomfortable, unused or just ugly to you now. You might be surprised at just how much those physical items have been holding you back, both physically and emotionally.

**Change is difficult, but with the right mindset, clear goals, self-awareness, and regular action, you can start making changes today that will lead you down your chosen path.** Remember that no lasting change will occur right away, and you must be persistent and patient if you want to transform your life.

Finding ways to reinvent yourself can help you achieve your strongest desires and realize your full potential.

Tired of not feeling satisfied in your life? Maybe you're ready for your next reinvention.

**It's never too late to reinvent yourself!** Life has never passed you by so much that you can't change yourself. You can achieve whatever you put your mind to whenever you choose.

**“I overcame myself, the sufferer; I carried my own ashes to the mountains; I invented a brighter flame for myself.”**  
Friedrich Nietzsche, *Thus Spoke Zarathustra*