

# HAVING IT ALL AT FIFTY PLUS

WINNERS  
EDITION



EDITED BY  
JACQUELINE ROSE

*Having It All At Fifty Plus Winners Edition*

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Published by Lovely Silks Publishing 2018

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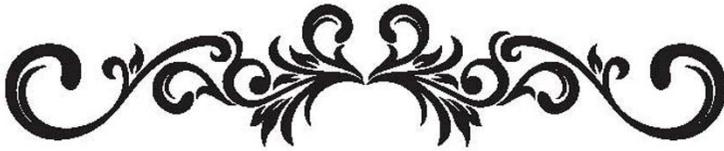
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*Sharing Some Quotes From The Contributors*

*For my future husband and I our motto is:  
"Just Getting Started"  
I believe we are all given one turn at this thing called life,  
and we get to choose how we play that turn.*

*Elly Johnson*

*The death of the spirit happens when we aren't continually learning,  
changing, improving, expanding ourselves.*

*Stacey Odgers*

*Life is for living and loving deeply, seeing the beauty,  
the sadness, the joy and remaining positive and pro-active  
in your body and your mind.*

*Jill Healy-Quintard*

*So, if you always do what you've always done,  
You'll always get what you've always got, just as Henry Ford stated.  
Step out of your comfort zone, I believe in you.  
Change is inevitable, personal development is a choice.*

*Sarah Dawkins*

*You may want to travel to Antarctica (I want to go to Africa)  
or learn to make a sponge cake (I cannot make one without it turning out  
like an omelette), go on a cruise or start a CrossFit class. Whatever it is,  
whether you got the boom in baby boomer or not, you can enjoy a fulfilling,  
creative, healthy and happy life. Enjoy!*

*Donna Munro*

*Age signifies a change in sex-life, not the end of it.  
Go for it and enjoy the golden years of sensational sex.*

*Dr Janet Hall*

*But truthfully, I think you are only as old as you feel inside and right now  
I don't feel a day older than I did in my 30's!*

*Adele Partridge*

*No matter where your journey takes you,  
enjoy each day and Share Your Heart's Passion.*

*Carla Germain*

*Aging seriously is a state of mind and with the right support to your health  
and wellbeing you can feel 25 at 50! I do.*

*Age is no barrier to your dreams...*

*Jane Curnow*

*Looking back I can honestly say that I would not have guessed that my  
future would look like this today.*

*Janet McNeill*

*When you are positive and vibrant you have positive and vibrant thoughts.  
You trust and believe in yourself and life is easy and flows beautifully.*

*Inge Sarahulsingh*

For me, 'having it all' is not a static state. It is more about having the confidence, skills and resources to embark on new projects as ideas and opportunities arise.

*Merryn Snare*

*And, now, at the ripe old age of almost 61  
I honestly do feel I am just starting my life in many ways.*

*Lannah Sawers-Diggins*

*You are interesting, you are complex so,  
let your outfit reflect that by taking references from other aesthetics.*

*Jacynth Bassett*





*The thought leaders who contributed to this book:*

Elly Johnson      Stacey Odgers      Jill Healy- Quintard

Donna Munro      Sarah Dawkins      Dr Janet Hall

Adele Partridge      Carla Germain      Jane Curnow

Janet Mc Neill      Inge Sarahulsingh      Merryn Snare

Jacynth Bassett      Lannah Sawers-Diggins



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## Welcome To Having It All At Fifty Plus Winners Edition



As we go through the different phases of life our new perspective can bring about not only thought-provoking changes mentally but also physical ones too. To many of us this is frequently known of as a mid-life crisis. Often this crisis manifests itself as the fear of the unknown. An irrational, yet almost tangible fear, that holds us back from reaching those dizzy heights of our full potential.

Having It All At Fifty Plus Winners Edition has been written by contributors from all over the world, and from many different backgrounds. This book will give you an insight into their individual journey's and some of the challenges they have had to overcome.

For some a change in mind-set is all that's needed as reaching fifty should be a time to celebrate. It's a time to remember that there are so many that have not made it this far. Some of us use this time as 'me time.' Now the family has grown it may be the perfect time to start the business we have always dreamt about. For others it's travelling and enriching our lives by experiencing other cultures. On the more physical side, how do you cope with the changes that the menopause forces upon us? How do we cope with the changes in our strength and physical agility? *Having It All At Fifty Plus Winners Edition* answers many of these questions while, at the same time, providing valuable gems of inspiration that proves that the fifties is truly the 'I can' generation.

If you are looking for creative ideas on how to welcome being fifty plus then *Having It All At Fifty Plus Winners Edition* is essential reading. By taking action and always being ready to learn more about ourselves the transition to this next phase in our life can be the best one yet.

*Jacqueline*

Jacqueline Rose,  
Lovely Silks Publishing





## 51 & Just Getting Started

I phoned a girlfriend for her 50th birthday a couple of years ago. I've known Julie since we were 12, but we have drifted over the years. When she answered the phone, I said with excitement, "Happy Birthday Julie...Congratulations!"

She said "thanks" and then said in a rather flat tone "Yep, can you believe I made it?... I guess it's all downhill from here."

I laughed, but then got the feeling that she wasn't all that excited about turning 50. I suspected her throwaway line about the downhill slide from here was not a joke rather how she really viewed the big birthday event. I guess when people reach or approach this milestone it is with mixed responses. I've listened to people express excitement at turning 50, feeling a new sense of freedom and wisdom. I've also seen people approach it with an outlook of doom or reach it with sadness, disappointment or regret for not being where they thought they would be in life at that point.

I know people who have pretty much given up on things like exercise, adventure or sex and others that dial it up in an effort to squeeze every last drop out of life. I tend to side with the dialing it up view with most things and I don't plan on supporting the downhill slide perspective.

I love something the late Wayne Dyer said:

*"Don't die with your music still in you".*

I heard that many years ago but it came back on my radar just before I turned 50. I started to think about all the music that was still in me. As I

clicked over to 50, I had an overwhelming feeling that there was so much more great stuff yet to come. Fifty years was gone in a blink, and I wanted to explore how I could live the next 50 years in alignment with who I am, letting my music out, reaching another level of joy and discovering if there was a deeper purpose for this life.

I made a list of some of the music that I knew was still in me. It was less about material things or places to go, rather I wanted to find things that would keep my zest for life alive and help me discover music that I hadn't yet heard.

Some of the things that came up for me was a desire to tap deeper into my spiritual side. I thought for sure there would be some music in there that needed to be explored. I also knew my artistic side had only been scratched at surface level and I vowed to again to get lost in the beauty of creation as I did many years ago.

I wanted to continue to explore what my mind and body is capable of, whether that be sexually, physically or intellectually. I also felt that I wanted to evolve as a woman and as a mother and feel a greater peace and satisfaction about my time on this planet. I wanted to love more without fear or reservation and deepen my compassionate side. I really wanted to see my daughters be blissfully happy and see them let go of the things that hold them back from being the best women they could be.

I also wanted to keep reaching boundaries to my comfort zone and then figure out how to break through them when they seemed too big or I got stuck. I guess I wanted to make sure that when it was my time to take my

last breath I would be able to do it smiling, knowing that I said yes to far more opportunities in life than I'd said no to.

On the day I woke on my 50th birthday, the first thing I did was give thanks for my strong mind and body that had carried me this far and was hanging in there pretty well to take me into the next 50 years and beyond.

But it wasn't always sunshine and rainbows at times in my late 40's. Three years before I hit the magical age of 50, I was in a pretty messy place emotionally. I had had my share of the general life challenges that everyone has and I felt fortunate that I had not had to deal with anything too horrific or tragic in my life.

I had navigated an adult life that included only 5 years of marriage and a separation in my early 30's. I had fallen out of love with my husband and the simple way I remember it is that I just didn't know how to get it back. Something changed and it felt like we were no longer right together. My daughters were only 2 and 4 at the time we split up and I was labelled the bad guy for breaking up the family. I carried huge guilt and shame about it and how things played out as the marriage crumbled.

As the days and years flew by, I left a good job, started a new business and the girls and I shifted house 4 times. We had lots of fun years and we were all mostly happy and healthy. There were no significant challenges in my life that stood out from anyone else's. I was juggling the demands of being a single mum and a businesswoman using the knowledge and awareness I had at the time.

But, at the age of 47, I suddenly found myself in a place feeling stressed, lost and lonely. I don't think it happened over night, rather I think it had been creeping up on me over time. Things at home were no longer loving

and harmonious. My daughters and I argued and pushed each other's buttons often. My house was not a place full of the love and respect that I had imagined it would be as the girls became young women. I was the head of this house but I felt I had no power or control anymore.

Although I loved the benefits of being single, I thought by then I would have found my true love and been living happily ever after playing happy families. My business was doing pretty well, but money was still a stretch. I had to travel interstate for work regularly and that put pressure on everyone. My Mum was a great help, but I felt bad having to lean on her so much.

My youngest daughter was struggling at school and I tried a different school to see if she would be happier. It didn't work and it was difficult to know how to best help her. I had no clue how to manage her severe emotional outbursts that were clearly causing her pain. I was no longer a cool, calm and in control Mum. I was an emotional mess and I know I was contributing to the problems.

The support I had previously from my ex-husband continued to diminish and when I needed it most, he pulled away more. I felt it was primarily my responsibility to fix everything and make it all right again but truth was, I was achieving the opposite. I was worrying about everything and beating myself up for getting things so wrong. I was worried about my girls, I was worried about me and added to the mix was a major concern about my older brother who was just hanging in there after a very tough few years with bi-polar disorder.

I knew that all this was probably nothing compared to the huge life challenges that some people are dished out, but when you are stuck in the middle of that combination of stress factors, you don't care as much about other people's issues. Your issues feel plenty big enough at that point in time. It felt as if I was trying to run in quicksand on a dark hazy night, not moving forward and seeing no clear path ahead.

My professional career involves corporate training and life coaching. Over the years one of the things I had been great at was coaching people to get their lives and relationships back on track. I had heaps of great advice and tools to give others, so why was my own world so messy and why did I feel unhappy and unfulfilled?

When I look back at the patterns I was playing over, a few things stand out that caused me to get and stay in a rut. I was about 14kg over weight and feeling sluggish. I was drinking at least 2 glasses of wine most nights, it became my go-to stress reliever. I was often popping night strength headache pills just to get to sleep and exercising only occasionally. I had just broken up from a 7 month relationship that left a really nice guy broken hearted.

I had a string of short and medium term relationships behind me and began to wonder if I would ever meet the amazing guy I had always imagined being with. I knew I had lots to offer and I didn't want to settle for second best. I had made some stupid financial decisions and my bank account wasn't looking great. I started to wonder where the 'old me' had gone. Where was the fun, happy, strong, independent, confident woman that could handle anything that was thrown at me?

As things became more tangled in my head I felt more alone. I think I lost my way as a woman and as a Mum and I began to believe that I wasn't as

clever and invincible as I thought I was. My self-worth took a dive. I was snapping at my girls often and they were pushing back at me. Things were getting ugly and nobody in the house was very happy.

The stress started to show up in everything I was doing. I knew I needed to shake things up and make some serious changes otherwise the downward spiral would continue. Outwardly I smiled and pretended everything was just fine. Inside I was all twisted up and unsure which way to turn. In my own spiritual way, I remember stopping and asking the universe for help to make some big changes.

One day I went to the doctor to talk about the struggle my daughter was having, but we ended up talking about me and how I was coping with everything. She told me, after 20 minutes of talking, that it was likely I was suffering depression. What? I thought. Me? Depression? That's ridiculous. The doctor told me I would benefit from taking anti-depressants to give me a lift as I navigated through the year and got life back on a good track.

I was in a bit of shock I think, in a trance. I took the script and as if on auto pilot I got it filled at the pharmacy. When I got home I was still processing what she had diagnosed. Was I depressed? Is this what depression feels like? Do I really need to take a pill to get through this challenging time in life? Will it help me be a better Mum if I do this?

On reflection it was a weird moment. A family doctor I had trusted for almost 20 years telling me I now needed to take these little pills daily to make everything ok. I had always been seen as strong, the woman who had

it all together, the resilient one, and now I had a little box of pills that would supposedly make everything much better.

I took one pill that night and the next day I took another one, but then I stopped and thought. “No way, this is not who I am and this is not the life I choose”. I knew there was a better way, it would just take some more focus and determination. I threw the pills out and never told anyone about them.

With hindsight, I look back at things and realise I was so stuck inside a negative emotional vortex and I could not see a clear way out or forward. I was crying at the drop of a hat, even at meetings with my daughter’s teachers. I couldn’t give emotional support to my daughters because I was all out of personal and emotional strength.

I was determined not to continue like this and although I couldn’t see the path ahead clearly, I felt I needed a total reboot. I knew that doing the same thing and expecting different results was crazy, so I decided at the age of 47 I needed to pretty much reinvent myself.

I reminded myself of something I had preached to clients and friends many times in the past: ‘You can’t get yourself out of a bad or dark place with the same level and knowledge or same behaviour that got you there’.

I knew that if I kept playing the negative stories over and over, listening to them and believing them, then only one of two things would happen: I would stay where I was at, or I would go backward. I wasn’t interested in either option.

The first thing I needed to do was get my health and fitness back on track, at least to reverse the unhealthy direction I had been heading in. I knew that this aspect is such a critical cornerstone of feeling good about yourself. So, I changed my diet, dropped the alcohol (well most of it), increased the amount of walking I was doing and joined CrossFit.

Next thing I really wanted to improve was the relationship with my girls, or at least try different things to bring us all more joy and love. Sure we had some good days, but there was tension, conflict and disrespect showing up between us. The energy in the house was negative and I didn't know how to fix it. My daughter and I had both seen a psychologist and although she may have helped us a bit, I remember in one of the last sessions she said "I'm sorry, I don't really know how to help you any further".

Great, the psychologist doesn't know how to fix things and neither do I! I put the pressure back on me. Isn't a mother supposed to know everything? Aren't we supposed to know exactly what to do and when to do it? Aren't we supposed to know how to keep our kids happy and safe? I knew at the time I didn't have the skills, knowledge or tools or whatever it was going to take to get us all back to a place of joy and harmony.

I had been close with my eldest daughter, but now I felt her turning against me too. I overheard her talking to her father about me on the phone and I was horrified with what she was telling him. Did she really think I was this cruel and nasty person she was describing? What about all the love I have given and all the good things? How the hell did we get here?

My 17 year old and I were brilliant at pushing each other's buttons and we both responded in a way that kept the cycle going. I knew as an adult I was supposed to have it all together more than her, but I felt as lost as I knew she was feeling. More change was needed and something inside me said we needed time apart to break the negative cycle.

I looked around me to see what else I could shake up in my life to bring about change. I thought I'd start with some of the little things that, when all added up, would hopefully make a difference. I was a bit of a news junkie and had it on the TV in the background often. It was negative and depressing. So I reduced that significantly. It made sense that if I was going to become more positive, that I had to surround myself with more positive stimulus.

I had been a fan of reading in the past but had neglected that for the past few years. I knew I needed some new tools, tips or perspectives so I began reading or listening to audiobooks. I steered myself toward stories from people who had made big changes in their lives and overcome adversity. That helped, but I knew I still needed to know more and I needed someone or something else to help me in a new and better direction.

The next wave of help came from an unexpected place. I discovered the universe does that sometimes. The bolt from the blue came in the form of a strong minded and strong bodied man that I met on an online dating site. I had sent him a 'kiss' just to say he had a great profile, not with the intent to start a conversation or to hit on him.

When I first read his profile, I noticed he lived in Adelaide, which was a nine hour drive from me. The profile said he was a widower with two young children. Even though his pictures looked good, a broken hearted man in another state with two young kids was not on my list of people to get

involved with. But something grabbed my attention with the words he had written and I decided to praise him for having a profile that stood out from the others. The 'kiss' I sent was the bottom of the list option that said 'Great profile, good luck in your search'

I discovered this man was called Mike, when he replied to my message. He had not realised I lived in Melbourne and told me later had he noticed I wasn't local, he would not have responded. He was only looking for a woman who lived nearby to hang out with. He sent me a long email and although an upbeat, smart and positive guy, I quickly discovered he was smack bang in the middle of the toughest time of his life.

The day after the email, we talked on the phone and there was an instant connection. Almost an hour went by on the phone without a pause or silence. We laughed a lot and had rapid-fire banter. I remember thinking it was like talking to a male version of me. When I learnt more about his story, I decided his emotional pain due to grief outweighed my current emotional challenges.

A year before we met, he had lost his wife of 15 years to Leukemia. They had had a wonderful relationship and when she died their two boys were only 4 and 7. She battled the disease for four years and when she finally lost the battle, his world was shaken and his heart was shattered.

In an attempt to soothe some of the pain and fill the gap in his life he started dating, although his heart was still full to the brim with love for his wife. With both of us dealing with our own emotional challenges at the age of 47, any hope of building anything that resembled a great relationship

seemed like an unreasonable goal. There was a mountain of obstacles in our way.

Navigating a new relationship when other parts of my world were in chaos, didn't seem like the smartest choice I could make, but it felt as if there was a long distance magnet pulling us together. I questioned the universe and asked why I was sent 'extra challenges' in the form of a mixed up, angry and grieving man, when all I asked for was some help to fix up the challenges I was already struggling with.

My relationship with Mike weathered the initial challenges, we had lots of fun together and I began to see a possible way forward. At home I still wasn't winning on the 'super mum' stakes, but I had to trust that the storm would subside eventually and that making changes would lead to a happier place for us all. I was doing better with my health and fitness and emotionally I was starting to feel stronger.

Mike had moved back to Sydney from Adelaide and on my 48th birthday he asked me to move to Sydney. It took a few months for me to decide if I would go and if so where the girls would live. When I made the decision to leave it threw even more fuel on the fire at home. I was labelled selfish for considering going and leaving the girls alone. I felt sick from the stress. I was emotionally torn and I know I didn't manage the whole situation well at all.

When I made the move to Sydney an even bigger rift developed between my daughters and I felt helpless and sad. From that point my ex-husband decided the complete silent treatment was the best punishment for me, so that made things tough too. We lost the parenting connection I had worked so hard to develop and keep over the years. I felt sad about that.

Was I being selfish? Yes, I guess I was in a way, but I knew I couldn't keep doing what I was doing. Let's face it, I did ask the universe for an overhaul, so I figured my request had been granted.

I sold my house in Melbourne and Mike and I bought a house in Sydney. I knew he was still trapped in a world of pain from the grief and I wasn't sure what would happen with us, or if we would even stay together. He was angry often and I copped the brunt of it. At times I questioned my decision and began thinking through a way out. I felt like I was riding an out of control roller coaster of emotions, mine and his. I tried to focus on all that was good, and keep believing that the storms would pass soon.

A while after I moved to Sydney, I was thrown another curve ball. I discovered I wasn't the only woman on Mike's radar. He was all over the place, even more than I realised. He was looking to find someone who made him feel the same way his wife, Gayle, had and I wasn't doing that for him. I didn't give him that magical feeling he was so desperately seeking. Truth was nobody could bring that to him at that point. With a heart that was broken, he was certainly not in a state to let new love in.

Now I had the added complication of broken trust due to the many twisted truths and blatant lies I discovered I had been told. One of my girlfriends told me to run a mile as she had been cheated on by her husband in the past and she had no time for deceptive men. She told me they are all the same and once a cheat, always a cheat. It was tough to know what to do and I was confused and hurting.

What I did know for sure is that lies and dishonesty can shatter someone's trust in another person and when it is lost, it can be really hard to get back. Some people can never forgive. For me there was a double whammy. The irony was that what I was experiencing in this chapter of my life related directly to the work I was involved in professionally.

I'm a behavioural trainer and truth coach with a focus on teaching people how to get more truth and spot signs of lies and deception. I help people navigate complex truth dilemmas in their lives. As an ex-policewoman I became fascinated with the topics of truth and lies from the age of 22 and I went on to train internationally to learn more about the science of truth and lies.

At one end of the scale I train intelligence agents and high level business people and at the other I show women how to get and give truth early in the dating process and nurture it as the relationship develops.

Now, faced with this real life situation, I felt as if I was being tested around the topic I had worked professionally with for years. Why didn't I see the signs? How could I have missed what was happening behind my back? Why did he even ask me to move here if he was still looking over the fence? I felt heartbroken and foolish. Things were still messy with the relationship with my girls and now I felt I couldn't trust my partner.

I strongly considered leaving it all behind and jumping on a plane to somewhere to run away from the world for a few months, or years. I looked up flights to Bali and imagined a peaceful yoga retreat away from all the noise in my head and heart.

I pulled away from the relationship with Mike a few times, as did he, but that never lasted long and we were drawn back to each other. His

behaviour changed and he moved his focus back to the work he still needed to do on himself and to our relationship. Thankfully we are both really big on communication, so we would talk for hours, exploring things about ourselves and each other. I decided to hang in there and work to forgive and understand Mike's choices and scrambled mind as best I could.

I know now that grief can really mess with people in the same way that post-traumatic stress disorder can. That didn't make what he did ok, it wasn't ok. But, right then, I was faced with the choice of either throwing away all that was good and move on, or believe that the worst was behind us and focus on all that was great. And even though there were still some bugs to iron out, there was a lot that was great about us together.

As Mike began to see things more clearly he explained that he was on a sort of self-sabotage mission. In that emotional state, he didn't really care that much what happened to him or the people around him. He committed love and honesty to me and I chose to trust again.

On my 50th birthday I decided to change my name and launch into the next 50 years with a new mindset and identity. I went back to my maiden name and changed my nickname from Lizz to Elly. My birth name is Elizabeth and although my mother thought it was a ridiculous idea, I decided Elly seemed like a great new fresh alternative.

While I was on a roll with the name shake up, I also decided to overhaul my training business and get back in touch with what I am really about. My passion is about more truth in life, love, relationships and in business, so I came up with the name of TruthAbility.

Apart from the corporate work I was doing I wanted to pool my knowledge and experience and help women like me. I knew there were thousands of women all around the world that had been through a similar roller coaster with divorce, kids, love, health and life challenges and I knew the things I had learnt and experienced could help them to make positive life changes.

I now apply my knowledge about truth, lies and love to my work and have created some new online programs. A primary mission is to help women who want to find true love, but have been hurt, deceived or lost belief in themselves or what is possible. I also know there are women daunted by the dating process and skeptical that the man of their dreams even exists. I want to help them break through old thinking patterns and no longer be held back by limiting obstacles.

That brings me to now. Later this year I am 52 and life is pretty damn wonderful. I am grateful for everything that has brought me to here and I look forward to the future with excitement. My girls are independent and doing well in life. I have an ever-improving relationship with them and I look forward to the day that we can truly leave behind the stress of the past and love again without limits.

I am proud of how they navigated their side of the journey as I maneuvered mine. I underestimated how tough it was for them because I was so clouded by the mess in my own head. I feel sorry for the things I got wrong and if I went back in a time-machine now I would do things differently. That's hindsight for you.

I believe you learn the most about yourself and life when you face the toughest challenges. That's where the true growth is. If I was to sum up 5

of the things I've learnt over the past 5 years on the transition through 50, they are:

1. Even when you are in the heart of the violent storm, trust that it will pass and there will be warm sunshine and pretty rainbows on the other side
2. Parenting can be bloody difficult! Have a strategy and a stack of tools on hand to help with the hard times because parenting may not always come to you as naturally as you thought it would
3. Don't be too quick to judge people or rule them out too soon. We all get things wrong and sometimes they may be struggling with a journey or pain that you don't understand
4. Some people won't like it when you change too much, even if it is for the better. Just let them go - they are not supposed to be beside you on the next part of your journey
5. It's never too late to clean the slate, make massive changes and start again. And, sometimes that is exactly what needs to happen

In October last year, Mike surprised me at a romantic waterside lunch by presenting me with the most beautiful white gold ring with a blue/purple Tanzanite stone and asked me to marry him. He literally took my breath away. We had been able to ride the wave and reach a place of love and appreciation for everything we had been through and everything that we brought to each other.

I must admit, I didn't think at 52 I would be starting the parenting journey again, this time with two young boys. But I believe there was no accident or coincidence that we met and traveled this tough leg of life's journey

together. My romantic and spiritual side even credits his wife for controlling things from the other side to bring us together against the odds.

I feel blessed that my life journey has brought me to exactly where I am today. I have some wonderful loving and loyal friends around me. My girls are beautiful and growing stronger and wiser all the time. My boys are very special and they love and accept me as their mother. I once again love and accept myself. I am deeply in love with an amazing man who I trust and adore. We helped each other through the storm and the sun is now shining brightly. I cherish life and every day on this planet.

For my future husband and I our motto is: "Just Getting Started". I love this outlook because there is no room for a 'downhill' view about life. I believe we are all given one turn at this thing called life, and we get to choose how we play that turn.

I also believe that if you work really hard to ditch the thoughts and behaviours that hold you back, life can be just as wonderful as you want it to be.

*Elly Johnson*

***About The Author***



Elly Johnson has crammed a lot into life so far, starting with a career as a police officer, then a corporate manager and now a leading speaker, trainer and coach.

She navigated the challenges of divorce, raising daughters, starting a business and is now step-mum to two young boys who lost their Mum to leukaemia. Her topics of expertise revolve around human behaviour with a focus on the science of Truth and Lies.

Elly has witnessed the impact that twisted or hidden truth can have in; relationships, at work and in fields such as security, safety and law enforcement. She works with people to help identify, decode and navigate personal and professional Truth Dilemmas® to minimise risk, reduce harm and lessen communication breakdowns.

As Elly approached 50, she re-booted her life, her health, her direction, her business and even her name to achieve more, stretch higher and share her expertise more broadly.

To find out more about Elly visit:

Website: [www.ellyjohnson.com](http://www.ellyjohnson.com)

Website: [www.truthability.com](http://www.truthability.com)

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