

A diverse group of smiling people, including a man with glasses, a woman with dark hair, a man with a beard, a woman with blonde hair, and a young girl, are gathered in a workshop setting. They are surrounded by colorful sticky notes and speech bubbles containing motivational phrases. The background is a brick wall.

*See
Opportunities*

*Have
Purpose*

TOP TEN TIPS

FOR LIFE'S
RADICAL 2ND HALF

*Play
First!*

WRITTEN BY

DARRELL W. GURNEY

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TOP TEN TIPS FOR LIFE'S RADICAL SECOND HALF

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OPPORTUNITIES & MATERIALS

See what else The Back Forty has to offer.



TIP #1

Decide that it can be radical

Step beyond the traditional idea that your next half of life will simply be an extension, modification or shrinkage from your first half.

So much of societal messages promote the view that the first half of life is the best and that most everything slowly fades after that.

We say B.S.! Belief System!

Like a cookie is only an enabling mechanism for what really matters – the chocolate chip – what if the first half of life was only a carrier to get to the second half, where the real games begin? What if it's in the second half where our purpose for being on the planet gets fulfilled?

Go to the next page and try out the "Who Am I?" Quiz!

For all the varied reasons in the world, each of these people could have justifiably lived a mediocre-at-best life after 40, 50, 60 or 70. Their reasons or age, however, did not limit their fullest self-expression, but rather served as research & development for the greater purpose they were here to fulfill.

To decide that the second half of life can be radical is to choose to believe that nothing from the past limits what is possible from here on out, but only serves to enhance what comes next. That also includes enormous accomplishments. If you've had great success thus far, what if it were only the primer for your biggest game to come?

Believing, without a shadow of a doubt, regardless of what you have or haven't achieved thus far, that you still have yet to do what you came here to do...that is a source of power.

In The Back Forty Community, we firmly believe this for both you and ourselves, and gear everything we do to support this end: all of us being who we came to be and doing what we came to do.

We invite you to read our blogs, engage in our online courses, and participate in our live programs to empower your greatest yet to come. The world needs your unique contribution. Now more than ever.

The "Who Am I?" Test

01 A 49-year-old wandering & unemployed recoverer from depression, broke & sleeping on friends' couches, who then went on to write two books: *The Power of Now* and *A New Earth*.

02 A 48-year-old, thick-accented, bullied-in-school, Asperger's sufferer from a remote Scottish village who entered Britain's Got Talent.

03 A 66-year-old former teacher & poultry editor for the St. Louis Star who published a book in 1932 that went on to become a major TV series for 8 years, *Little House on the Prairie*.

04 A 40-year-old broke & depressed alcoholic war veteran who brought people together for his own recovery to form a group that now sports over 2 million members worldwide.

05 A 52-year-old mixer salesman, battling diabetes & arthritis, who noticed a process & formed a partnership that went on to sell its first billion hamburgers within 7 years.

06 A 76-year-old lifetime farm worker, crippled by arthritis to the point that she could no longer embroider, with no artistic & little formal education, picked up a paintbrush & produced 1000 paintings in 25 years.

01 Eckhart Tolle
03 Laura Ingalls Wilder
05 Ray Kroc

02 Susan Boyle
04 Bill Wilson
06 Anna Mary Robertson ("Grandma") Moses

These people would have never been known by you had they believed their best was in their past.

TIP #2

Let go of past hurts & struggles

Begin to see your past as perfectly designed for you – and by you – such that you are right now exactly where you are and how you are in order to discover what you really came here to do.

As a career coach for many years, I coached laid off executives in how to get over the depression and/or slump of losing their job by having them consider the blessings inherent or hidden in the change.

To get past the make wrong of themselves, their employer, or the “system” in general, I had them come up with 20 reasons why this layoff was the BEST thing that could have ever happened to them.

At first, coming up with a few possible reasons why this was “the best thing that ever happened to them” was hard... because they felt like they were making it up, lying, or just being silly. However, once they let go of the weirdness of it and began to play the game, they found that they were actually coming up with legitimate and viable reasons why this layoff was good!





TIP #2

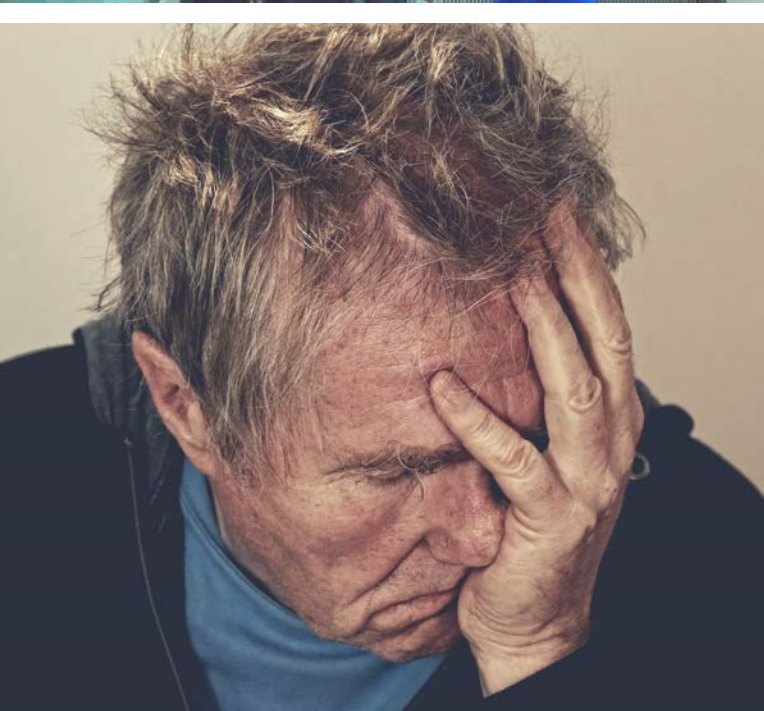
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Similarly, when we go back and take stock of those tough influences, hard times, or traumatic events in life that happened around or to us and actually mine them for the gold of why it was all by perfect design, we begin to see our lives from an innovative and fresh perspective full of new possibilities.

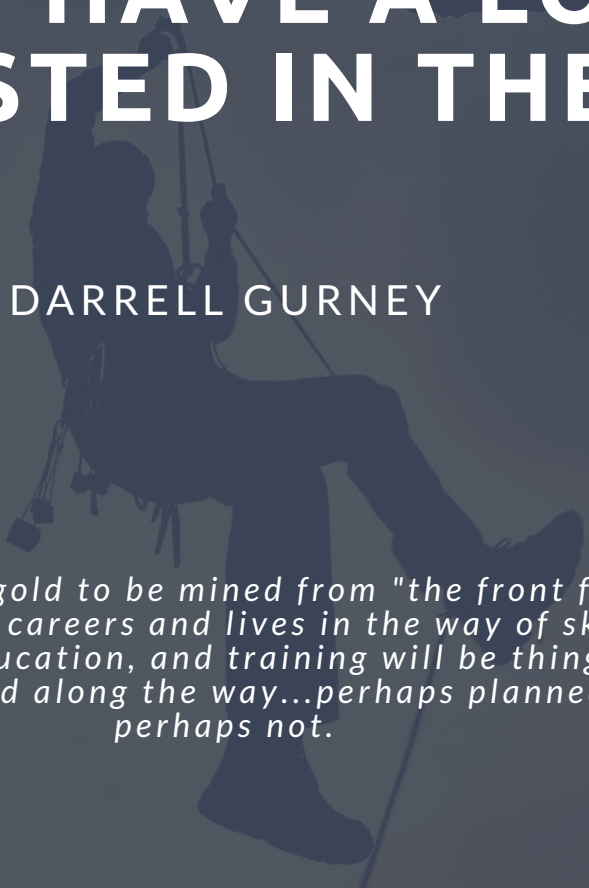


This isn't just a mind game to convince yourself that "bad" stuff didn't happen. It is, however, part of an overall mindset shift that enables you to see the opportunities life has provided to discover your individual direction and express your unique Self.

In The Back Forty, we propose that everything coming earlier in our life was R & D, research and development, all taking place in a laboratory for the discovery of what we really came here to do. You have conducted many "laboratory experiments" to arrive at your **Formula of Unique Self-Expression**. We call it your **FUSE**. It's time to discover and light it.



In our flagship course, The Back Forty INFUSE Program, we offer a unique method by which one can take full ownership of everything that has occurred in their life, leaving them victim to nothing and completely grateful for the clues and formulas provided by the "lab experiments" they conducted. By discovering the formulas created in the lab of your first half, the direction toward a second half/best half is made clear.



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DARRELL GURNEY

*Much of the gold to be mined from "the front forty"
years of our careers and lives in the way of skills,
knowledge, education, and training will be things that
we learned along the way...perhaps planned,
perhaps not.*

TIP #3

Take stock of your gifts & talents

You have developed many and varied gifts and talents over your lifetime. Some were born out of conscious planning, and yet others arose outside of traditional schooling or even choosing. Those gifts and talents could be the basis for new areas of interest, exploration and/or contribution.

Consider that there are many fields and skills you learned early in life through standard education or training. Then, there are those areas you learned about through unexpected or unplanned exposure, necessity or interest. We call these the “school of life” or “school of hard knocks”.

At midlife, there may be far more gifts and talents arising from those latter schools than the first traditional schools. Therefore, it is wise to conduct a conscious inventory at midlife in order to become aware of all that can be drawn upon to design a second half of play, passion and purpose.

You’d be surprised at how many possibilities exist for a person to reinvent their life focus, purposeful direction and second, third or fourth career expression based on the experience, knowledge and fascinations gained through life.

If you truly have yet to do what you came here to do, and your first half of life has simply been R & D, research and development, for what that is, where might you take all the “schooling” and put it to new and innovative use?

In The Back Forty INFUSE Program, we conduct gifts and talents inventories from unique and unconventional perspectives, giving you a sense of yourself and what’s possible outside of the traditional boxes society likes to put us and keep us in.

TIP #4

Re-evaluate your life

*and by re-evaluate,
we mean
re-e-VALUEate!*

Your values may have shifted greatly over the past 20, 30, 40 years since your early adult days. Getting clear on what's most important to you now, vs. operating from unconscious and obsolete belief systems, can be a basis for bold restructuring and inspiring new ventures.

Consider that life teaches us what's of priority now, and now and now. Unless you're empowered by and operating from your most recent "now" values, you may very well miss the blessings of today and tomorrow because of your attachment to the values of yesterday.

Life transitions naturally come about as we mature. For example, kids who were once our focus of attention may now be out of the house. Marriage and relationship changes also give us an opportunity to reflect on who we are now vs. who we were earlier. Job and career shifts offer yet another chance to tap into our more experienced heart-of-hearts as to what would have our heart sing now.

At midlife, we have an opportunity to re-think the old, unquestioned values and belief systems that were formed in our earlier life to see what fits for us now.



**OUR UNIQUE GIFTS
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THOSE UNIQUE
ASPECTS OF US AS
WE MATURE.**

DARRELL GURNEY

*As we move into our own unique and powerful Back
Forty, it's important to conduct an inventory of where
we are and who we are in terms of unique
gifts and talents.*



TIP #5

See midlife crises as opportunities

At midlife, let's face it: shift happens. Who you're going to be about that shift has everything to say about the potential for play, passion and purpose in your second half.

Just as folks can often remain a victim to long-ago challenges, hurts or "issues", we can similarly be hamstrung by those inevitable circumstances and events which tend to occur in our 40s and 50s: relationship shifts, career and work shifts, financial shifts, health and vitality shifts, and even life and death shifts.

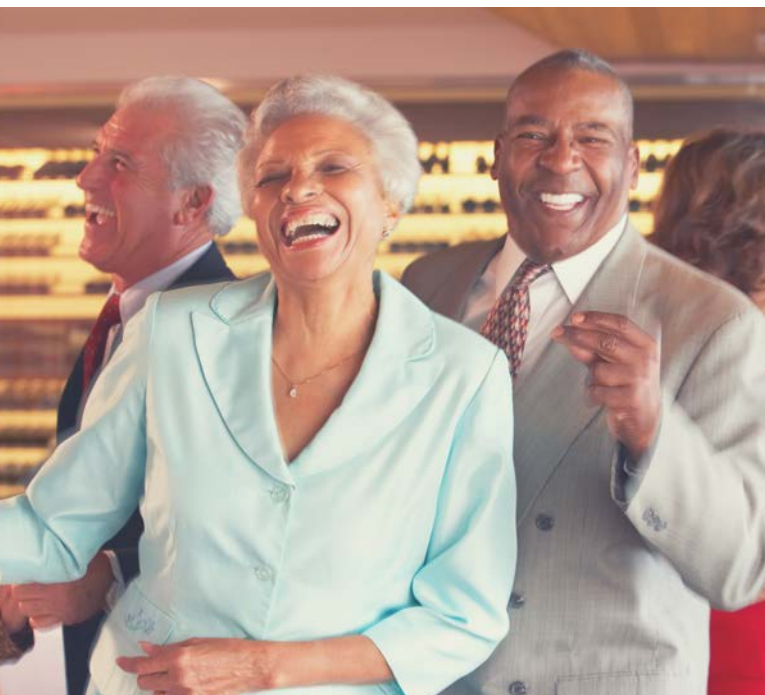
You can count on the fact that, at midlife, shift will happen. It's simply who and how you're going to be in the face of it.

You may right now be in a moment of huge change or transition – perhaps in what society tends to call "midlife crisis". In The Back Forty, we call it "midlife opportunity" and, yes, this yucky stuff can actually be a launch pad for the greater-yet-to-be you came here for.



We designed an online course to specifically address these times of great change and tough transitions, whether they be relationship, career, financial, or even life and death challenges. It's called "A Back Forty Re-NEW-ALL" because, at this time more than ever, the ALL of you is being called forth into the NEW life to come.

We invite you to engage in "A Back Forty Re-NEW-ALL" as it is built to support folks to move powerfully and efficiently through big changes taking place, so as to come out the other side stronger, bigger and better. On the back side of whatever you may be dealing with now, the world needs you playing big. Bigger than ever.



ENJOYING THE TIPS?

GET UPDATED
CONTENT BY
CONNECTING WITH
THE BACK FORTY
BELOW!



TIP #6

Consider your purpose

There's nothing as sweet as life in the direction of purpose. With purpose both behind and propelling the natural and common needs for career, occupation, and financial viability, there's a constant revival-ment in what could be common-day life.

Often, rather than purpose, a more short-term view prevails. The short-term view dominates our life and circumstances, and it can seem impossible to pull ourselves toward a bigger picture if we feel the smaller, more immediate picture is not even formed yet. For example, who can consider being an inspiring light unto the world when your light bill isn't paid?

However, when we assume a larger view of what is possible for us in terms of making a difference, in many amazing ways the smaller pieces of the puzzle just come together.

It's to each of us to declare what is purposeful for our own life, and yet sometimes a younger idea of purpose may still be in place...one that was formed on weaker self-understanding than one has the capability to achieve now.

In The Back Forty, we see that when you decipher the clues and formulas derived from life's first half of research & development, your purposeful directives practically fall out of it. Plus, when you begin to understand that there is no lost activity while earnestly pursuing a path of purpose (i.e., you can't go wrong and can only help), a lighter, freer and more fun grasp of purpose brightens the way forward.

TIP #7

Consider a Presence

There's both the presence that we embody when fully owning and causing our second half – from an empowered place of having something to say about it – as well as a Presence (however you like to relate to it) bigger than ourselves which can begin to work through us.

In preparing to live our second half of play, passion and purpose, we want to awaken both aspects of presence and Presence and explore tools for building upon our ability to tap into power.

You have yet to do what you came here to do. Therefore, if you plan to do it, it will require your presence showing up in a way beyond the ways it already has. And it will require your openness for something greater to flow through you and be the wind beneath your wings...because you won't get to that fullest expression on your own.



**IF WHAT WE'RE
HEARING INSIDE OUR
HEADS KIBOSHES ANY
SENSE OF US BEING**

**BRILLIANT,
TALENTED,
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GORGEOUS**

**THE CHANCES OF A
PURPOSEFUL,
FULFILLING, & FUN
BACK FORTY ARE
PRETTY MUCH NIL.**

LEARN MORE AT [THEBACKFORTY.COM](https://thebackforty.com)

TIP #8

Become curious again

Quit saying statements like “That’s just how I am” or “Been there, done that”.

You’ve had certain life experiences which shaped your perceptions, and if those experiences occurred as negative or “bad”, you may now see through them like a filter, having everything remotely similar look “bad”.

Bad men. Bad women. Bad relationships. Bad career. Bad health. Bad finances.

Inside a perception of negative things happening to us, the world gets smaller and smaller vs. full of infinite possibilities.

The downside of what is traditionally called “wisdom” gained from our years on the planet is that we decide – based on very little information or experience – who we are, what we’re capable of, and “how the world is”. The one-time or scant opportunities we had to learn and grow in various areas of life become walls of limitation.

Just think about it: if our childhood, adolescence and early adulthood had “comfort zones” (i.e., ways of being or acting that had us feel safe) arising from initial life experiences, and we keep justifying staying within those comfort zones because of “the way the world is”, the very world in which we live continues to shrink.

To fulfill on what’s possible and play the Big Game you are destined to play, you want to let yourself explore again. You want to be willing to not know how “you are”, how “life is”, how “relationships are” so that you can allow the people, experiences and opportunities into your life that will create a future radically unrecognizable from the past.



TIP #9

Be willing to play again

As we get older, the need to do things perfectly – or at least “right” – keeps us from trying many things. How many folks do you know who are going to write a book “one day”? And yet most don’t because they feel they don’t know enough or how to proceed or the timing’s not right or...a million other excuses.

What’s really going on – whether it’s a book, a business, a new love relationship, a new career, a new lifestyle or even new location to move to – is that people don’t want to make a mistake...and the fear of doing so dominates and negates any progress that might be possible.

Risk aversion seems to grow in direct proportion to age, and many won’t risk not “looking good” (much less looking pretty darn bad) in order to learn or grow in something new.

What if we gave ourselves the ability to simply **PLAY**, and begin putting one foot in front of the other, without every i dotted and every t crossed?

A fulfilling second half demands that we evolve new ways of taking inspired actions and uncalculated risks. Doing so inspires us to take even more and, along with a supportive community where each and every person is undergirded to play as big as they want to play, there’s no limit to the freedom of self-expression we can gain...at any age.

FOR ME TO LET MY
"OWN LIGHT
SHINE", FIRST AND
FOREMOST IT IS
IMPORTANT THAT I
KNOW WHAT THAT
LIGHT IS.



DARRELL GURNEY



TIP #10

Believe that your future will be even greater than your past



We suggest that you truly believe – or get support to believe, if you currently don't – that, as Frank Sinatra sings, “the best is yet to come and, babe, won't it be fine”.

Help us in turning around the cultural conversation (*and preponderance of media impressions*) from the idea that at 40, 50, 60 or 70 our best creativity, ingenuity, relationships, career, health, fitness, sex, self-expression – you name it! – are behind us.



Contrary to the standard social construct that applies a bell curve to aging – saying that, after midlife, everything starts to go down and out – we believe that life is an ever escalating rise of what's possible...meaning the only viable direction is up and out.



OFFERS

SEE WHAT ELSE THE BACK FORTY
HAS TO OFFER



Choose Your Coach!

▼ Personal Coaching

- Discover and declare the Big Game you're now poised to play
- Assess the powerful impact of this unique game on your Self and the world
- Plan to rise above the challenges you'll inevitably face as you step up and out
- Create ways to bring the spirit of play into all of it. Yes, play...and yes, you can.



▼ Memberships

Stay in the conversation while getting the support you need right from home or on the road. The Back Forty has membership offers for wherever you are on your midlife journey. Start with the INFUSEion level or jump right in at the most popular membership, PROpulsion.

▼ Live & Online Programs

Consider that the only start that matters is the one you do now, and that life was actually designed that way. Your midlife opportunity is awakening to discover all that you've learned from a first half of R & D (research and development) and capitalizing on it to realize your own uniquely playful, passionate and purposeful second half. You have yet to do what you came here to do.

The Back Forty idea is radical. It says that whatever has come before does not determine what comes next. It's about a radical renewing of the mind into belief and action that have you play big. Come discover your Big Game Back Forty Future. It's what you came for.



▼ Books

Darrell W. Gurney shares his own experiences along the midlife road to fuller self-expression from a career coach and committed single father's point of view, showing how slings and arrows can be transformed into plowshares of creativity cultivation.

