

# Your Personal Coach

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In the 1970's, my hippy friends and I thought we could change the world (for the better, I might add). We frequently dismissed the ideas and opinions of our elders and held "don't trust anyone over thirty" as a mantra. As a baby-boomer in my fifties, I can now see from this quite different vantage point, the foolishnesses of ignoring the wisdom of those who have traversed the road of life before us. If I don't take that idea to heart, what will be my new credo? Don't trust anyone over eighty?!

As I contemplate aging, I'm aware of the changes in my values and priorities. I'm happy to say that these new realizations are a better fit with the realities of life's second half and are, hopefully, more conscious, compassionate, and wise. But being a middle-aged baby boomer isn't only about deep inner contemplation about the meaning of life. There are plenty of every day experiences that remind us that we're no longer thirty-somethings. I've made twenty observations about the ways we can tell we're getting older. Here they are.

You know you are getting older when...

20. You have a party and the neighbors don't even realize it.
19. You can live without sex, but not without glasses.
18. Your back goes out more than you do.
17. Your best friend is dating someone half his age... And he isn't breaking any laws.
16. You shop for health insurance the way you once shopped for a new car.
15. You consider coffee one of the most important things in life.
14. You no longer think of speed limits as a challenge.
13. People call at 9 PM And ask, "Did I wake you?"
12. You know what the word equity means.
11. You talk about "good grass" and you're referring to someone's lawn.
10. You signed up for cable for The Weather Channel and you watch it a lot.
9. You can go bowling without drinking.
8. At the breakfast table you hear snap, crackle, pop and you're not eating cereal.

7. When you say something to your kids that your mother said to you and you always hated it.
6. Getting "lucky" means you found your car in the parking lot.
5. When happy hour is a nap.
4. When you're on vacation and your energy runs out before your money does.
3. You look for your glasses for half an hour and they were on your head the whole time.
2. Your idea of a night out is sitting on the patio.

But, the number one way that you know you're getting older is when you think Blender Magazine's survey of music's "25 Biggest Wusses Ever" is full of it. This magazine, which claims to be the "ultimate guide to music and more," names James Taylor as the biggest wuss in music, ever! The insightful, soulful, and brilliant music of our fellow North Carolinian soundly beat out other Blender-proclaimed musical wimps like Nich Lachey, Barry Manilow, and "The Father of Wuss" Pat Boone. How is this possible?! As I read the list more carefully, I realized that some of my other favorite artists like Paul McCartney, Graham Nash, and Dan Fogelberg are also wusses. Thank God the Blender editors left Bonnie Raitt off the list or I'd really be steamed. Over the next few days, I'm going to contemplate the meaning of life's second half, my musical tastes, and what's gone wrong with the world. But for now, I'm going to fire up my stereo with "Fire and Rain" full blast, have a nice cup of tea, and settle in to my rocking chair.

Send your personal coaching questions to [kathleen@fullpotentialliving.com](mailto:kathleen@fullpotentialliving.com) or call 473-4004. Kathleen is a personal and executive coach, clinical psychologist, and writer. (©2006 Kathleen Brehony. All Rights Reserved.) Columns are archived at [www.fullpotentialliving.com](http://www.fullpotentialliving.com).