

Effectively Dealing With Your Midlife Crisis: Five Reasons *To Create Your Midlife Breakthrough*

By Dan Tisch, M.S., CPCC, ACC

Midlife is a time where it is natural to take a hard look at your life. This assessment often leads to feelings of discontentment, ineffectiveness, and confusion. A crisis can arise from these negative feelings. Here is a different perspective that can help you achieve clarity and a sense of direction, awaken and reignite your dreams, and develop a clear plan toward your goals.

For most of us, a midlife crisis is something to avoid. But millions of people experience the unsettling feelings of midlife in spite of this attempted avoidance. Here are five reasons to go beyond avoidance and create your midlife breakthrough.

Reason 1: If it's going to happen any way, be the author of your life instead of the reactor to life's circumstances.

"I don't worry about the storms, I am learning to sail my own ship."

– Louisa May Alcott

Reason 2: If your life's dreams seem as if they were distant memories, creating a breakthrough is a good way to reignite those dreams.

"Nothing happens unless first a dream."

--Carl Sandburg

Reason 3: A midlife breakthrough is just the thing to question the perspectives by which you live your life.

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment."

--Ralph Waldo Emerson

Reason 4: Feel stuck in your perspective of life, putting yourself in a midlife breakthrough is a great way to dislodge that perspective and look at other possible perspectives of your life.

"If the doors of perception were cleansed, every thing would appear to man as it is, infinite."

--William Blake

Reason 5: By being the creator of your life, you empower yourself to choose new perspectives, new plans, and new practices for your life. It is through these practices that new behaviors and new results arise.

"Destiny is not a matter of chance, it is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved."

--William Jennings Bryan

The frustrations of a midlife crisis are the consequences of being the reactor and not the creator of your life. Many people make the serious mistake of trying to deal with these uncomfortable feelings by themselves.

Midlife crisis coaching is an effective alternative. Through coaching, you can achieve these typical results:

- Quickly achieve clarity and a sense of direction.
- Awaken and reignite your dreams.
- Develop a clear plan toward your goals.
- Act in ways that are effective and consistent with your goals.
- Bring balance to your life.
- Experience peacefulness.
- Eliminate suffering.
- Express your true Self.

If you are seriously interested in reigniting your dreams, gaining clarity and direction to a plan of your choosing and creating that life consistent with your dreams, values, and commitments then creating your midlife breakthrough might be just what you want!

Dan Tisch, M.S., CPCC, ACC, is a certified life coach and principal of Midlife Crisis Coaching (www.midlifecrisiscoaching.com). He specializes in helping clients: to get clear about what they want and best possible outcomes, to create a unique plan to get from where they are to where they want to be, and to develop practices that allow intentions to become reality.