

**Dotsie Bregel,
Founder and CEO of
The National Association of Baby Boomer Women
(NABBW)**



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**Boomer Women Speak (BWS)
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Presents

**Step Out of Your Comfort Zone:
*Learn techniques for taking risks and
creating the life of your dreams***

With

Prill Boyle

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**Step out of your comfort zone:
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and creating the life of your dreams**

**With
Prill Boyle**

Dotsie: Hello and welcome to the call.

The format for the call is simply that I will interview our guest, **Prill Boyle** who's the second guest in our series, "**Finding Purpose at Midlife.**" Our first guest was **AnnMarie Kelly**, author of **Victorious Woman! Shaping Life's Challenges into Personal Victories**. If you are a member of the association, you should be able to listen to and read that teleseminar shortly. It will go into the member updates. Today **Prill** is going to be talking about **Step Out of Your Comfort Zone: Learn techniques for taking risks and creating the life of your dreams**. And then not next week but the following, **Karen Gail Lewis** is going to talk about discovering how relationship that we have can keep us from our dream. So anyway that is what is happening with the series and we're glad you are on the call today.

For those of you who don't know me, I am Dotsie Bregel and I'm founder of the **National Association of Baby Boomer Women** which can be found at www.NABBW.com and www.boomerwomenspeak.com both are the number one sites on major search engines for baby boomer women. I'm very passionate

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about educating and empowering my generation of women. And since launching www.boomerwomenspeak.com over five years ago, I've been connecting, encouraging, and supporting boomer women on a daily basis. I feel like I have my finger on the pulse of this spirited generation, and I dedicate a great portion of my time to creating opportunities that will just inspire women to explore their passions and live them to the fullest which is why I'm so excited about this month's topics. And our sites, for your information, are proudly sponsored by www.dolans.com. If you are interested in excellent financial information that will encourage you to live a more financially responsible midlife, then please visit www.dolans.com. We are also sponsored by **Elations** which is a daily drink supplement that offers relief for joint aches and pains. It is an alternative to taking large pills, and you can find them at www.elations.com.

If you are not a member of the NABBW, the fee to join is typically \$75.00; but if you are on the call today and not a member, you are welcome to join for \$50.00. All you have to do is email me at dots@nabbw.com and I can send you the reduced link to join for \$50.00.

This teleseminar, along with all of our past teleseminars for the past two years,

are archived on our site, and you can listen to them, and if you don't like to listen while you are on your computer, you can print them because we also have them transcribed. All past teleseminars are yours free when you join the association and there is quite a collection now. That is about all of the business we have to talk about.

I'd like to introduce Prill. Prill are you there?

Prill: I am here.

Dotsie: Very good. Prill is the author of ***Defying Gravity; A Celebration of Late Blooming Women***. Actually Prill's book was once one of the tangible benefits for joining the association. At one time we had the choice of her book and another gal's book, Karen Baar and I know we sent a lot of books around this country for Prill and we've gotten great feedback on that book.

I also had the pleasure of meeting Prill when she was driving through Baltimore to DC one time. She came to my home and got to see the boomer headquarters and we got to have lunch together in Towson which was great fun. And then I also saw her again with a bunch of other boomer women in New York City when the NABBW was invited to be on the CBS Early Show in New York outside with Dave Price; so Prill came and dined with a bunch of us at Carmine's the night before and then was right next to me when we did the CBS show. So I'm really happy to have her on the call. Prill defines herself as a late bloomer and she graduated from Georgetown University at age thirty-eight. She became a high school English teacher at age forty, and then starting writing fulltime at age forty-seven. So now she is fifty-four and she's the founder of *The Defying Gravity Workshop* and she's been featured on numerous radio and television programs, and has spoken to groups all over the world about the challenges and rewards of finding passion and purposes at any age. And Prill is currently working on a novel. So welcome Prill, how are you today?

Prill: Oh I am very well and thank you Dotsie and I have to say that the pleasure of meeting you is mutual. You're just so fabulous and everything you said about yourself in the beginning; you didn't oversell yourself. You do actually everyday work with boomers; try to encourage, empower and help boomers connect and you've just been incredible in that regard.

Dotsie: Oh well thank you. I surely didn't expect all of that but it's nice.

Prill: I'm giving you a testimonial!

Dotsie: And as you know, it's like my passion, and I feel called to it by God. So I think that makes a big difference.

Prill: So let's help some people today. Let's see what we can do.

Dotsie: Yes, are you ready?

Prill: I am.

Dotsie: Well the title is, just to kind of review and let you know what you're in for, is called *Defying Gravity, the Second Act*. A lot of people refer to midlife as a second adulthood. Prill refers to it as a second act which I think is fun. And the tag line is **Step Out of Your Comfort Zone: *Learn techniques for taking risks and creating the life of your dreams.*** So we're going to get started and Prill is going to walk us through how we should do this. So the first question I have for you Prill is how do we begin to trust in ourselves?

Prill: Great question and I could approach this from a lot of angles but I'm going to start by saying this and that is that I believe strongly that we all have an inner wisdom; our bodies have an inner wisdom, our hearts have wisdom, and so the first, the very, very, very, first preliminary step, at least one way to handle this, is just to slow down, be present, and ask yourself, just feel your body and just asked yourself, how does it feel? For instance, let me be more specific. If you are facing some kind of decision, or you are contemplating a change, does your heart sing with the kinds of ideas that you are coming up with or does your stomach clench? I remember a long, long time ago, or it seems like a long time ago now, I was—this was before I went to Georgetown University in my early thirties and I got offered a job working for an actuary firm making 50 thousand dollars a year which seemed at the time to me an adsorbent amount of money and I was excited about the idea of the money, I needed the money, but my stomach—I was losing sleep thinking about it, my stomach was going up and down. I refer to my stomach because that is where I hold a lot of tension. I decided, in listening to my body, that it wasn't worth it. And that is when I decided that rather than, you know, continuing on the same kind of career path I'd been on, I was just a secretary so when I say working for an actuarial firm it was just as a secretary. That's a lot of money for a secretary. But I decided I wanted to go back to school and get certified to teach, get a degree in English and when I thought about that, my heart just sang. So I would say, listen to your body. The exception to the stomach clinching kind of feeling, you know, heart sinking kind of feeling and my advice to avoid those situations, or to step away from those, is if you are afraid of something—and Dotsie I want to talk about this and I'm hoping, and I think that you're going to be asking me questions about this but I really want to talk about ways to walk through fear because I feel like it is our fear that keeps us so often from pursuing our dreams.

So the first part is to listen to your body and the second thing is to pay attention, and be present, and look for signs and signals. I feel like the Universe was ever—I don't know what religion anybody here is, if you are any religion at all, but in some ways, when you are open, when you are open for change, there is a lot of information that can come to you if you keep your eyes and ears open as well

as your heart. So that's a start.

Dotsie: You know what? That's a great start and I can share just a tiny little bit about how www.boomerwomenspeak.com was launched because it was during a valley in my life after my mom had died, I had three kids in high school who were all soon leaving for college, and I was asking myself, like I had worked myself out of a job because I had been a stay-at-home mom. And I was asking myself the same question my kids were and that was the main one and that was, "What do I want to be when I grow up?" And so I was at a point of transition and exactly what you said Prill is what I did. I already had a habit of morning prayer time, but I became really intentional about saying, "Lord, what are you calling me to do?" And I had some things come up that just kind of, I thought, ugh, no, I really don't want to do that now. I just stuck with it. I really wanted to work for myself was my big thing because I wanted to be available to my children still, you know to visit at college and do things like that so I knew what I wanted and if I worked for some one else, I didn't think I would have the flexibility or the freedom. So I stuck with okay, I want to be self employed. And then it was through that prayer time and really searching myself and saying what are my gifts that I was able to feel excited about this idea of launching a Web site. So I do think you have to say no to some things and just know that sometimes when you say no, it is an opportunity for a yes that may better suite you. So I totally agree.

Prill: I don't have prayer time in my life; not specifically the way you do, but I do something very similar in the morning that really helps me which is I have my journaling time. It is a time where I touch base with myself. So I was saying a minute ago, trust your inner wisdom; well, that's easier said than done sometimes, but for me, through journaling—and there are a lot of ways to do this; prayers is one way, journaling is another. Walking; sometimes people take walks and just that quiet time. In any event, somehow just slow down and try to listen to what your heart is saying.

Dotsie: Yep, that's right. And sometimes when I do these teleconferences they will say, do you have one last message that you want to leave with the people and I'll say you know what? It's really kind of contrary to what our society is use to because we live in a rat race, not the human race and I'll say you know, and what I share is my message is to be still. So you know, whether it is doing yoga, whether it is walking, journaling, praying, whatever it is, it's really just too kind of get centered and know who you are and what you have to offer for the good of others because that is when you are really working within your passion. Okay, let's talk about fear because I know a little bit about that personally. So can you teach us how to become less fearful?

Prill: This is such a critical, critical issue and we're all, rest assured, we are all afraid. I mean even those of us that strut around. You know when I am giving a speech sometimes, as a matter of fact, the other night I gave quite a rather large speech and a number of people came up to me and said, "I want to be you." I

think they think that because when I'm speaking I'm so, like jazzed and I'm connecting with people, and I'm in my passion and I'm doing at that very moment what I want to do, and I think it's easy to look at someone like that, or to look at someone like Bill Gates, I don't want to compare myself to Bill Gates—we are in completely different categories, but you know, look at a Oprah, or ...I'm trying to think of people in all different walks of life, that are really living their passion and think to yourself, my gosh, they are just fearless and they are so accomplished, etc., but we all have fears.

So back to the question; how can one become less fearful? What I did and I suggest that other people try to do in some form is that when I got the idea to write the book, *Defying Gravity* in January 31, 2000, I can tell you the date I got this idea, I knew it was going to be a scary process for me to write a book; I had never written anything before, I was afraid to call people up to get interviews, etc., and I started practicing; I just made this up. I started practicing doing a bold thing every day.

Dotsie: Oh, great advice!

Prill: I have done this for now since January 31, 2000 and it has been over 8 years. So I do a bold thing a day. And I define bold as anything—remember what I was saying about tension in my stomach—anything that makes my stomach go up and down, I do it rather than walk away from it. You know, within reason. I'm not going to hurt myself.

Dotsie: Yeah, sure. Can you give us some examples of some little things just to get us started?

Prill: Yes, here is a very little thing for me, and again, I define it as being bold. I would be out at dinner and my husband loves smelly cheeses and he would say, "try some blue cheese," he is always teasing me, and I would try the cheese and I would chalk that up as being my bold thing that day. I might call somebody that—oh here's another really good example; a real life example. I got invited early on to a party, just a simple party here in town where I live in Westport, Connecticut. This was in 2000. You know I frequently get invited to parties and I didn't have a real excuse; I couldn't say no because I had something else to do, and rather than lying, I decided that I would tell the truth about why I didn't want to come which was simply that what I really wanted to do was—what I said to this woman, her name was Lee; I said, "You know Lee, I love you and I would love to get together with you for coffee, but I'm really not in the mode right now where I want to do that kind of socializing." I mean I was just really honest. She was actually very appreciative of it.

And that day, that was my bold thing. I mean I actually thought about this. I got the email invitation and I thought to myself, "You know I really want to tell the truth instead of making some excuse," and it was making my stomach go up and

down but I did it. And then that has progressed to my going to Africa last year for a month and giving six speeches with the Peace Corps. The bar keeps going up for me but it started out very, very small. Here's another little tip about this. Early on I solicited a friend of mine Tamara Myer, to become my bold partner.

Dotsie: Oh, I like that. Okay.

Prill: So Tamara and I for years would call each other up every week or so. I mean some people can be very methodical about it and put it on their calendar, but we didn't do that. We weren't that formal about it. But we talked with each other every week or week and a half, and we would check in and say quite simply, "What bold thing did you do this week, Tammy?" and she would say, "What bold thing did you do this week, Prill?" And just knowing that I was going to talk to Tammy and just knowing she was going to talk to me, spurred us on to be bolder and come up with bold things so we would have something to say besides I ate blue cheese although she would have celebrated that with me if that is what I had said, so that was something else we did with that.

Dotsie: Oh that's a great idea! What else? You know, I heard, as far as facing fears, one of the best things you can do is voice the fear to another person just to kind of admit to someone, to the world, whatever, that you have a fear and that often times, that person can help you walk through that fear. So I guess that is similar to having a bold partner.

Prill: It's similar but it is a really good tip and enough different; it's a take on it and I think it is a really good tip. It also goes into the other direction. In other words, it really helps to tell somebody if you have a dream, to articulate it out loud, to have the courage to say I want to write a novel, or I want to start an organization, or I want to find a way to work at home. Once you say these things out loud, whether it is your fears or your dreams, we don't want to get off the topic of fear yet because I think it is a really rich, important topic, but when you say something aloud, the fears, I think, it defangs the fears and with dreams, it empowers them. So not keeping things inside can really help to clear the air.

Dotsie: Yeah, and you know, I admitted a fear to this woman in a class I was with one time and she said, "Oh yeah, I had that fear one time but the more I did it, it just went away." And I just thought, "Oh my gosh, she simplified it." Just like, just do it, and keep doing it, and then it is not a fear anymore. So I thought that was just a great, in a nutshell, for me, it just was like oh my gosh!

Prill: And that is another thing about not keeping all your deep dark or light thoughts to yourself is that when you talk to other people, when you open up to others and you're honest about your feelings, not only is it very healing for other people, but you find how connected we are to each other; that we all ultimately have very similar if not the same, hopes and fears.

Dotsie: Right

Prill: So it makes it all, as you said, and I never really thought of it this way, I believe we used a different language, but I love what you said; it just makes it simple. It makes it not so twisted and complicated.

Dotsie: Yeah, and it's interesting. And I kind of have to put in a little plug for the forums at www.boomerwomenspeak.com because we have a forum community there with over 60 forums where women pretty much communicate 24/7. And in those forums, we really share things from our heart. There is something about the anonymity that's in a forum community because you can come in with a screen name, you don't have to be yourself but many people are in there with their real names, or whatever. This could kind of be similar to journaling, you know? When you write something down, when you put something out there, you recognize kind of what your fears are and then people respond, and you see how they have dealt with them and you can kind of turn that fear around. So anything else on fears?

Prill: Well you know, you've reminded me when you were talking about the forums and I haven't participated in them for a while, but there was about a year there that I was pretty active and I found them really helpful and it was like a, an online very safe, very supportive support group. And what I ended up doing a little bit after I was engaged in the forums is I formed a support group, I almost don't even like that word, we call it our Creative Business Women's Group, there are four of us; four of us here in town where I live. We get together every other Friday morning. One of them works, well we all work, but one of them works outside the home, and so we get together early in the morning and we get together for an hour and fifteen minutes. We actually set a clock so that each of us gets 10 minutes to present what we've been doing the last two weeks in terms of bringing our creative life—to make a living from it is really where it started. We wanted to make a living from our art; to make money from our art. We are incredibly supportive and it's not only—we act as one another board of directors almost, where we can bounce ideas but over time because this is for women. And maybe this would be true as well for men, but I think for us, being four women in particular, we're so supportive and sometimes we end up crying, we end up talking about our fears...now we started to travel together. We travel together twice a year. And so it has really blossomed into something else but about fear, which is what we're talking about, you know I'm somebody who likes to be, who likes to present to the world a very together front. And over time, to have three other women that are letting down their guard to the point where their heart is totally on their sleeve, they're much more forthcoming than I am. It's kind of opened me wide open so that at this point, I'm very...I actually look forward to telling them what I am concerned about, or what I feel; whatever. In other words, it's another method and it has a lot of different uses, but it's definitely been another method for me to help me face my fears, find out they're fine, everything is going to be fine. That's always the message. It's really been wonderful. So

support group is another good idea.

Dotsie: Okay good. We really have to move along, so what about exploring inner longings?

Prill: Great. You know, I use to teach English as you said in the introduction, and this may or may not resonate with our listeners here but, I highly recommend if you are one of those people who are still wondering what you want to be when you grown up, or what do you want for your next act; do you think of your life as a series of chapters, which is where that metaphor comes from. I highly recommend writing your obituary. That sounds morbid, doesn't it Dotsie?

Dotsie: Yeah, I've heard this before but it is a good thing to do; I've done it.

Prill: And there are two ground rules; two ground rules that really shape it and make it an inspirational exercise rather than something that could be upsetting, perhaps. And the two ground rules are; one, imagine that you've lived to be at least 90. So give yourself enough time to do whatever it is you would imagine yourself doing, and the second ground rule is to dare to be outrageous. So in other words, as you are writing this fictional account of what you've done in your life, to force yourself, if you will, not to worry about how much money, talent, time, connections, education, whatever, that whatever bubbles out would take to fulfill. And that's the whole secret when you write an orbit, or perhaps if that doesn't resonate with you, at a talk I gave in New Hampshire, that wrote a letter to herself and it was post dated twenty years in the future, and it was describing her dream life, her life so far. She ended up losing track of this letter. Twenty years later, thirty years later, she found it as she was getting ready to move. It had been very specific, this letter she had written of her dream life, and she said that down to the color of the paint on the walls in her house, her letter almost exactly mimicked her present life. She didn't imagine becoming what she said in this letter that she had become, she couldn't really imagine actually doing it. But she had imagined it; she had put it on paper and Dotsie this relates to what we were saying before about getting your thoughts allowed, or on paper, or whatever. So in any event, some method to let your subconscious bubble to the surface can be very helpful for exploring inner longings.

The other thing I would say besides just the fact of, well actually this is related so I'm going to say this in a linear fashion. Another thing I would say and I think this is really important in today's age, try not to think so much about finding a calling, one particular passion. I think people these days are treating finding a passion like finding a soul mate and we know what a minefield that can be when you're looking for one person out of 6.6 billion that matches a certain set of criteria. If you could just let yourself experiment and play a little. If you love to paint, take a painting class, if you think you'd like science, don't worry about becoming a doctor right away, just think about perhaps taking a biology class in a community college; Biology 101. Pick up a book of piano songs and start playing the piano

again. So just experiment a little and don't put that pressure on you. Use a low-stakes approach and just play a little bit. Again, let that subconscious come out and listen to your body, listen to your heart, but just take little baby steps and see where it leads you.

Dotsie: I think baby steps is a really important thing to talk about because some people think that they have to be all done in one fell swoop. And really, nothing can be done that way. Everything should be really broken down into baby steps. And then if you at least start one instead of thinking of it as a whole project and I can't start this until I have time. Well maybe you can't do the whole project until you have time, but you can do something working towards that project. So I really think that the baby steps is a big piece in something we should listen to.

Prill: Exactly. Linda Box, this woman that I interviewed that's in my book who became a doctor at 50; she really talked about her heart singing, she really got this dream that was reawakened in her forties of becoming a doctor but the idea was so intimidating. The idea of going back to school, of taking the pre-med classes she hadn't taken since she was 18, 19, 20, the idea of taking her MCAT's, her board exams, in other words were very intimidating. She had to think about the residency, the money, you can imagine how her mind was spinning out of control and her husband Bill sat her down at the kitchen table and said, "Linda, do you want this? Is this what you want? Is this what you would have liked if you look forward to being 70 is this what you really want to do?" And she said, "Oh, I would just be in heaven if I could actually become a doctor" and he said, "Then don't get ahead of yourself. Just take one class. Sign up for Chemistry 101 and see how it feels and then go from there." In other words, we were talking in the very beginning, Dotsie about being present, slowing down, he in a very practical way said to her hey honey, wait! Slow down! Put the brakes on. Sign up for that first, for one class, and see how it feels. And one class led to the other and she is at age 50 she graduated from medical school, the University of Miami Medical School and she was elected president of her class.

Dotsie: Yeah, and you know that's something we'll talk about again at the end, your book, but there are some really encouraging stories in that book about women at midlife who have totally changed their lives with the second act. So we'll talk a little bit about that at the end. Let's talk about assessing our gifts because I think that's huge.

Prill: It is because when you talk about this question; what do I want to be when I grow up, it comes back to well...what are you gifts? What are your talents? What do you love to do? What is that? And a lot of people sort of shrug their shoulders and say well I don't know; I just really don't know. I mean I've heard that again and again. What I have found and I really hope that our listeners listen to this because I have interviewed literally face-to-face over 100 late bloomers and many more than that online, via the phone, etc., and almost every single one of them almost, I will say there has been a few exceptions, but for almost every

one of them, the seeds were there in childhood. They might not have recognized those seeds until they looked back in retrospect and put the pieces together. For instance, one woman I interviewed became an anthropologist in her fifties and she hardly even knew what the word meant in her forties when she was getting her GED, her BA, MA, and PhD. She didn't even have a high school diploma in her forties. But when she looked back at her life and we talked about it, she had been interested in culture, how culture affects behavior, attitudes, why people behave the way they do, not from a psychological standpoint, but from an anthropological standpoint. Since growing up in Liverpool, England during WWII, the Luftwaffe bombing her city regularly, she started wanting to understand about what made the Germans different from the English. It really started way back there.

So to answer the question, how can one assess ones gifts, I would say one very simple thing to do is very freely make a list of like 1-10 of things that you loved to do in childhood and don't censor it. A lot of what I'm saying here today is really about not censoring yourself. You know, nobody has to see these lists, nobody has to read this obit, nobody has to see your letter to yourself; it can be between you and you, so you can be honest. But try and extricate a bit. What made your heart sing, in other words, what did you love to do? What did people compliment you on? That's one way to start it. Another thing to do that's very practical is that a way to consolidate ones gifts to look at this in a way that's not just you know, I was good at art, I was good at dancing, I was good at singing, I was good at, you know, at math. But another thing to do is to write your epitaph which is different from your obituary. The epitaph is a line; one, two lines maximum that goes on a tombstone that encapsulates the spirit of who you are. For instance, for my Father's tombstone, I had printed on it, "Few exhibit greater generosity" because for my father, that was the heart of what his real gift was. The essence of his gift was this incredibly generous person. My husband is someone who feels very, very comfortable in his skin and he has been translating that into doing Hospice work. He wouldn't have thought of himself as being a Hospice worker, but to be around people who are dying, I'm sorry to talk so much about death today, but from death comes life! (Laughter)...But being comfortable around yourself is an incredibly important skill if you want to be around—if you want to sit next to somebody who is dying.

I felt, and this is really important and I hope I'm not going on and on but I'm hoping this will spark something in people. For me it was *Defying Gravity*, not so much because I wanted to be a writer; it's that I was a teacher before this, and before that, I was whatever I was; but I have felt every since I was a little girl that my biggest strength, my gift was a two-fold gift and both of these things are related to each other, intimately related to each other. One is I have a gift for seeing the best in people. I see people with kind eyes and I've always done that and it's a gift. I don't have to work at it. And the other part of this is because of that, I can help people have hope in themselves. So when I was a teacher, for instance, it wasn't that I was great at teaching Shakespeare, but I could help

people believe in themselves as readers, as writers, as learners, and I could see that they have the potential to learn because I could see their beauty, I could see that. I don't know how to describe it in any more articulate way. But it was from that that I wanted to do something larger and *Defying Gravity* is really, and my speaking, my talking here today is really about trying to help people see themselves with kind eyes, to believe in themselves. I see people's potential. So in other words, not to go on and on here, but I'd like people to think a little bit outside the box when they think of their gifts because sometimes it's a big, larger over-arching gift that can manifest itself in a lot of ways.

Dotsie: And when you start discerning those gifts, it's really interesting to see how they can be played out with whatever it is you want to do. It's pretty cool to see it all go together. Okay, we have to move on because Prill, we only have about twenty minutes. How about envisioning future possibilities? Do you want to talk about that vision piece a little bit?

Prill: Well, I think again, this is related to the orbit thing, this is related to writing a letter to yourself. Try to stretch your imagination. I think it is very helpful to read inspiring stories and at the end I think we're going to talk about some resources, some books, some DVDs, some Web sites, etc, that people can go to. I think immerse yourself in biography stories, you know, read the newspaper, listen to TV, to realize there is so much possibilities that we have, that we ourselves have so much more potential than we realize, that life has so much more possibilities than we imagined. There are a lot of resources out there that can help you do that. It starts with openness, it starts with trying to change the self-talk that says, "Oh you know, I'm not very smart," or "Oh, I'm not very talented," "Oh I'm don't have money." Again, to do these kinds of exercises we've been talking about today to try to circumvent that very negative voice. We are, you know, we do, we have so much potential and I of all people not only having been—realizing my own potential of which I don't even know how much potential I have, but I know I have more than I realized, but a person who has interviewed people who didn't think they were smart, who didn't think they were talented, but they have done extraordinary things. I write on my blog, you know, there are blind people who are actually flying, they fly planes. There is a blind bowler I heard yesterday. There are deaf musicians. So in other words, if people with that kind of disabilities can do those kinds of things, what can we with all of our faculties not do?

Dotsie: Very good point. How about identifying obstacles? And actually, I'll put in a little plug at this point for the next call in this series because Karen Gail Lewis is going to talk about how sometimes our love ones and people that we are friends with can be those obstacles, and we don't even realize; just by the things they say and do. Anyway, why don't you talk about some of the obstacles?

Prill: Well, you just brought up a very good point and I'm sure Gail will certainly go through this and has her own take on this and she's wonderful. I've met Gail

and I can't recommend that call enough. You talked about, you didn't use this word but you talked about naysayers and when one is setting out to do something new, something scary, I think it is very important to try to surround yourself with people who are nurturers rather than naysayers, at first in particular. You don't want to crush you little plant that's trying to, you know, the plant of your blossoming, shooting through the soil. So I think it is very important to be protective of yourself that way.

Identifying obstacles...what I always do is I prepare—I have a motto for myself and that is I prepare for the worst and I envision the best. I don't just hope for the best, and we were talking about this earlier, I envision the best. I envisioned my book, for instance, being in the window of bookstores before I had even written a word. And it did end up in the window of some bookstores. I went up to Maine to give a talk and there was my book in the window of the bookstore. So you know, envisioning the possibilities. There is a power of vision. But I also think it is important to be cognizant of what can happen. For instance, here is an example and that is you know, money for a lot of people can be an obstacle, especially in these times, oh my gosh, Dotsie. I just got my heating bill today. I don't even want to talk about the price of oil! What I'm trying to say is, I applaud, believe, and support anybody who wants to shoot for the stars. But it sure doesn't hurt to have your feet on the ground at the same time that your head is in the clouds. As a matter of fact, it can be really critical in terms of the success of an endeavor.

So for instance, let's say you want to go to cooking school. It might be wiser to go to an affordable local community college program than to a culinary arts institute if you have no money, because it is harder to guarantee that you're going to be able to get back that money in the long run from a cooking career than for instance if you went to a business program. But there's another element of this that I think is more inspiring than what I just said and here is an example of this. It is great to persist, I mean I can talk and talk and talk about the importance of persistence, but; because most people give up on their dreams too soon, but there are times when you just beat your head against the wall because you are facing discrimination, or lack of money, or this, or that. And I would say at that juncture, try to rethink the way you're doing it and maybe you can find a way around the wall instead of plowing through it. Or maybe you can dig under it, or maybe you can climb over it.

For instance, Evelyn Gregory, a woman who I interviewed that became a flight attendant at 71. As you might imagine, you know, hit a wall of discrimination when she tried to get a job. She applied to job after job after job, and door after door was shut in her face. She got a bright idea, a creative idea. She thought to herself, why don't I become a gate agent at some airline and let the management get to know me? Let them know right at the beginning I want to be a flight attendant but let them see how energetic I am, how good I am with people. Six months later, they hired her as a flight attendant. She's been with them 8 years. So she wasn't unrealistic about the obstacles, she knew what was going on, she

decided to try anyway, but then she regrouped. That's my tip for that.

Dotsie: Cool, okay, basically living in reality is a piece of what you mentioned too.

Prill: Feet on the ground, head in the clouds.

Dotsie: Right. I think one of the reasons people step out but fail is because they haven't looked at the whole picture, or they've just gotten so excited and stepped too quickly. Okay...how about turning dreams into goals.

Prill: This is part of having your feet on the ground. It's great to say, and I'll use myself as an example, I want to write a novel. Well, let's talk about *Defying Gravity* because that's already done. There I was, didn't have any writing experience, never written a book, and what I first did was I broke it down—you know I had no idea how to start, but just from my basic experiences of life, I wrote in my journal the first day I got the idea, a list of steps. This is part of breaking dreams into goals. I listed a list of steps of what I thought it would take to get a book published; you know, where I would find the people, I thought about putting ads in certain places, I wrote that on my list, getting releases, taking a writing course, you know, I had this whole list of things that I thought I would need to do to be able to make this very clear vision that I had, this inspiration a reality. Then I started putting timelines on those goals. I broke it down into as little steps as I could imagine without—you know I would still be making progress but I wouldn't intimidate myself. And then as I said, I put deadlines. By next Thursday, I would have drafted an ad that I put in things like Art Magazine, or different periodicals that go to people that are at midlife and beyond; boomer publications. So that's how you break it down. It's very simple.

Dotsie: Okay and in doing that, there's that accountability piece, too. And you know, something else that I will throw in here that's not really what the call is about but turning dreams into goals can, I think, once you have your thought, your dream, your idea, your business, whatever it is you want to transition to, I think it is very important to work with a coach. Some of what Prill has said is very similar to working with coaches and that is holding yourself accountable by writing things down with dates, etc, getting a bold partner, you know, those types of things. They hold you accountable just like a coach does. And midlife coaching is very big right now and there is a good reason for it because it is not the same as therapy, and its life changing, and you're held accountable each week; like when you work with a coach by the next time you meet you have to have certain task done. And if you are doing them by yourself, I know very well I can put them off and put them off. And a month can go by and I am like, oh my gosh, I never did the next step! You know other things are going on with the sites or whatever and I am just like oh! I really need somebody to hold me accountable and coaches can do that. So can friends, partners, however you want to go about that. Okay, how about creating the action plan to get started?

Prill: Well you know, I want to talk a little bit more about this coaching thing because this could actually be part of how you get started.

Dotsie: Okay, sure.

Prill: We share more than we don't share as human beings. We have more commonalities than we have differences. We share not only DNA, but we share again, as I was saying, so many of the same fears, hopes, etc. But we do have differences where some of us really need somebody outside to hold us accountable. And this is part of the action plan of getting started. You know, finding the coach, or finding the support group, or getting the bold partner, or whatever; whatever it takes to get you started. The action plan has to do with the timetables and actually taking the step; step by step, by step. But some people, and I would include myself among these eight years ago, today I'm much more eager and willing to join with other people, to join in a group, to get a coach. I was just thinking yesterday how I took a speech class last year, one-on-one coaching about doing public speaking in the city to ramp up my speaking; where the woman video taped me every day, etc, etc. And it seemed like a lot of money when I signed up for it and eight years ago, I wouldn't have spent it which is the point I'm going to get back to in a minute when I wrap up this little segment of what I'm saying. But I have made enough money at this point that I was willing to invest the money in myself. And I was just thinking today that this money has come back to me tenfold and it was money well spent and I would say the same thing about coaching. But to me, eight years ago, to wrap this up, I didn't want to spend money on myself, I wasn't making money. I had quit my job, really gone out on a limb, quit my day job to write a book and I had never written before, and I wasn't even sure that it was going to get published. And I really didn't like groups of people. I mean I love, love people, and I love people one-on-one, but you know I really didn't want to join a group. And so what I did, it's just like calorie counting. You know if you are the kind of person who can go on a diet and list your calories each day, you're probably the kind of person that without a coach can make a list for yourself. I did this with promoting the book.

I would make myself do twenty-five things a week to promote the book and I would just keep a list. I would write 1 through 25 and on a sheet of paper and by the end of the week, I would make sure that, even if I had to do twenty on the last day, I would make sure I did it. So some people have—it depends on ones inner resources. And that's not—it is what it is. It is not a positive or a negative. But there are a lot of ways to do this, and the bottom line is, and I guess we can end this segment by saying the point is just do it. You've got to just take a step even if it is a step in trying one little interest, you know, taking a little half-day seminar or something. Great! You know that might not even be your passion of passions, but just take a step outside of the normal. If you keep doing what you're doing, you'll keep getting the same results. If you do it a little different, you'll start getting a little different results.

Dotsie: Yeah, and you know, I can share that I recall having this idea to give boomer women a voice, you know, I guess it was over six years ago. And one of the first things I did, because I knew I had to do it online, I knew I wanted to do it online, was there was this couple in our church at the time and he owned a Web business, and he designed sites. And so I thought I just need to talk to him, and just tell him what I'm thinking, and that was kind of one of the first steps. And once I talked to him, and his wife, who is actually the one who ended up designing the site, it just took off. And then it was like okay, I told them my thoughts and then its like alright, when are we meeting again, and when are we meeting again, and so for me it was just saying, oh, you know, alright, make the call, and in many cases, that is what it is. It is just that first step and then things can snowball from there. Okay, let's go over resources and then we will open the lines for questions. .

Prill: Well, for resources I can't recommend enough, and not just if you are wanting to do something overtly creative, but if you are stuck in your life in any way, *The Artist's Way* series by Julia Cameron is just—it was so helpful for me in writing *Defying Gravity* and her new *Walking in the World* series has been helpful for me in writing my novel and I just can't recommend her enough.

Dotsie: And you know what; I'll interject something here very quickly. Some towns and I know in Baltimore, there are actually places that have classes for *The Artist's Way*. So really kind of be on the lookout and go online and "Google" and see because you can do *The Artist's Way*, but some people like to do it with a group, or in a class and that can be done too.

Prill: She also goes speaking around the country. I actually met her one-on-one, at one point through the learning annex in New York City, you know, it was an offer that they had and I just did an evening seminar with her. So she does short versions as well. Moving on, I don't know if you've heard of Barbara Sher, have you? Do you know who she is, Dotsie?

Dotsie: No, I haven't.

Prill: She's written a wonderful, wonderful book called *Wishcraft, How to Get What You Really Want*. PBS in our local area, the New York metropolitan area, has done a series on TV with her. She lives locally here, or at least at one point she did. Anyway, it is a wonderful, wonderful, very helpful book. If you are discouraged and feel, oh my gosh I have so many obstacles—now this is a little bit of a stretch for some people because it is a difficult, very inspiring, but difficult movie to watch, but I highly recommend a movie called *The Diving Bell and the Butterfly*. It's about a man who was paralyzed and could only move his left eye. That is all he could move in his entire body. He can't speak, he can't do anything; he can move his left eye. He can blink one eye and he writes this incredible memoir and it gets made into a movie. And if you think—you know I was talking

about the blind guy who could fly a plane or the deaf person—I mean if you feel like—it’s just so incredibly—beautiful, beautiful film and so incredibly inspirational. Another film for late bloomers, it’s about a man but I think it is inspirational as well, it’s called The Rookie. It’s a great movie as well. Online I have links on my Web site and my blog to a number of resources including the NABBW and www.boomerwomenspeak.com, resources for late bloomers, authors, etc.

Dotsie: Okay well Prill, you need to tell everybody your Web address.

Prill: Perfect. Its www.prillboyle.com. If you are wondering, Prill stands for Pricilla but I’ve always been called Prill. Dotsie, I think you were going to make an offer, too. Weren’t we going to offer something?

Dotsie: Well yes, actually. If you are a member of the NABBW, Prill has been kind enough, she is not doing any coaching, it’s just something she is offering out of the goodness of her heart. If you are on the call and you’re interested in trying to find your midlife purpose, or passion; she is willing to correspond with you by email, and kind of help you on your way. Maybe encourage you to take the first step or the third step or whatever it is. And then she is also willing to talk to anyone about writing and publishing, writing and getting published.

Prill: Writing, publishing, and promotion as well. That’s a whole huge area.

Dotsie: Okay. That’s really kind and I appreciate that. So why don’t you give them your email address, Prill.

Prill: Right. My email address is easy. It’s prill@prillboyle.com

Dotsie: Okay, and also for people who are on the call and listen, or read this at a later date, you can email me at dots@nabbw.com and I will send you the link to join for \$50.00 which I already got one while we were here on the computer. I mean while we were here on the call.

Prill: Oh good!

Dotsie: Right. Anyway, let’s see. There is another call in the series which won’t be for two weeks, but look at your updates and check the site. Let’s see if anybody has any questions for Prill. Hello? Okay, we can hear you, go ahead.

Caller No. 1: Hello, my name is Charlene.

Dotsie: Okay, hi Charlene.

Caller No. 1: This is my first teleseminar and I’m just thrilled that I got to talk to you, Prill.

Prill: Oh good.

Caller No. 1: I am a widow for four years, and all of my children live out of state. I am an active human being with a sharp mind who wants to use this time in my life to have my next beginning. I have, to define talents, I have done a lot of life coaching in previous years, but after I lost my husband, I didn't do too well. Here it is four years later, and I'm ready to start again. But I would like to go into something where I would be corresponding more. Where would you send me?

Prill: I didn't hear the very last sentence; what did you say? I mean I got that your children live out of state, that you're a widow. What I loved is that you described yourself as being active with a sharp mind and looking for a new beginning because you got right there, everything you need. You've got the energy, you've got the desire, and you've got the openness. So all of that is great. But I didn't hear the last sentence you said about corresponding. Could you repeat that for me?

Caller No. 1: I would like to get into something where I would be more on a one-on-one basis, perhaps in an advisement type of thing. Or go back into coaching but maybe more into widows, or things like that where I could help others.

Prill: Oh well, it sounds like not only do you have this active mind, you know, a sharp mind and openness and desire, but it sounds like you have something which is precious which is called "clarity." In other words, you have a sense of what you would like to do. I mean at least the beginning of it that you can pull on that thread. So what I would say to you is, you actually; it doesn't sound like you need very much advice. It sounds like what you need to do is actually take a little step and pull on that thread, in fact. I can't tell you exactly where—you're welcome to email me and I can think about this a little bit more, and help you think it through. But on the phone here, I can't quite say to you, you know it's not popping into my mind, oh, I think you should check this out. But I do feel like, wow, you've got everything you need and just start pulling on the thread of that and something will manifest.

Dotsie: Sure and Charlene, may I ask if you are a member of the association?

Caller No. 1: Yes, I am.

Dotsie: Oh great. Look in the newsletter that's coming out on Thursday, I believe it is; the 15th. There's going to be a banner ad and it is about a coaching program. So you might want to click on that and see if it appeals to you.

Caller No. 1: Great, thank you very much, Dotsie.

Dotsie: Yes, and actually email me and I can send you the link; whatever, if you

don't see it in the newsletter, but it will be there.

Caller No. 1: Great, and thank you for taking the time to talk to me.

Dotsie: Sure and thank you for being on the call. I'm glad you broke yourself into the teleseminars.

Caller No. 1: Oh I'm very happy about this, very happy!

Prill: See you are already taking a step. You're already taking steps, this is wonderful.

Caller No. 1: Well, I decided when I turned sixty I wasn't going to sit here and get the rocking chair out.

Dotsie: Good for you!

Prill: I can tell you're not going to do that.

Dotsie: And you know what? You should—I will mention Prill's book again because if you read what other women have done in their fifties, sixties, and even seventies, you will definitely feel encouraged. And you can find her book at Amazon, right Prill?

Prill: Amazon, www.prillboyle.com as well.

Caller No. 1: Thank you again Dotsie.

Dotsie: Oh you're welcome. Okay, we'll take one more call. If anyone has a question, let us hear from you. And if not, I think we can end the call. Again, Prill's Web address is www.prillboyle.com, and you can email her at—you want to say your email address again?

Prill: Yes, it's prill@prillboyle.com and from my Web site, I have a blog and a blog sounds a little dreary; everybody's got a blog these days, but I try to continue to tell stories of late bloomers, both men and women on my blog. So if you're looking for a little inspiration, a little jolt, it's a good place to go and you can link into that from my Web site.

Dotsie: Oh good and you can find me at www.nabbw.com which is for the National Association of Baby Boomer Women and also at www.boomerwomenspeak.com and if you want to jump in the forums at www.boomerwomenspeak.com, I think that you'll be happy with what you find. You can read a lot before you jump in, but once you jump in, I think you'll enjoy it. So Prill, I want to thank you for being on our second call in a series of three, and I just look forward to talking to you and communicating with you online.

Prill: Me too, thank you so much, Dotsie.

Dotsie: You're welcome. And thank you everybody for being one the call and have a great day.

Prill: Yes, thank you everybody, good-bye

Dotsie: Good-bye