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you show up in
your own life. 8.

Express Yourself.
Paint. Do yoga.

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instrument. Write a
short story. It
doesn't matter: just
get creative and
express yourself in
some way.

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10 Ways to
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Plan. This step
requires you to look
at your emotional,
psychological, and
financial status so
that you can
develop plans that
are realistic and
practical. It ' s okay

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to create a vision
and have ambitious
dreams, but your
plans have to be
realistic. Making
use of SMART
goals can help you
plan your life
better.

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movement, but
having a rigid... 3.

Embrace ...

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Prevention Young

You need to give
your reinvention
some time and

breathing room. Do

not think that you

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are going to go to
sleep one person
and wake up
reinvented. It
doesn't work that
way. It is a process
with it own up and
downs, highs and
lows, and small
failures and
triumphs.

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Reinvent Yourself —

Even If You ...

15 Ways To

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Hopeless 1. Be

honest with

yourself.. You'll

never be able to fix

your life until you

admit it's broken.

Don't pretend

everything... 2. Get

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fed up.. Sometimes,
the best way to
point your life in a
new direction is by
becoming
completely ...

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meaning & fulfillment 1. Break your patterns. The first order of things before you can reinvent your life is to maintain the clarity that you... 2. Joy is your beacon home. In a way we are simple beings. What tends to make us unhappy and to bring us pain is

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have fallen into a

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And Feel Good
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yourself won't

always be free. For
example, if you
want to change
careers, you may
have to take

workshops or

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college courses.

Because of that, it ' s
important that you
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havoc in your adult life. The different "lifetraps" as the author calls them are poor behavioral patterns that an adult can get stuck repeating, which can lead to absolute misery in ...

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Program to End..

To reinvent
yourself means
changing the
direction of your
life. It means
making a new set of
choices and forging
down a new path
that expands
opportunities,
options, and
possibilities.

However, to change

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Your life, you must first begin by changing yourself. And to change yourself, requires you go through a process of self-discovery.

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Six Steps for
Reinventing
Yourself and for
Upgrading Your Life
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your life
after 60, the
tendency may be to
focus on big

achievements. If
you want to get in
shape, you may
rush out to join a
gym. If you want to
fix your financial
situation, you may
decide to sell

everything that
isn't "essential." In

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my experience,
very few people
thrive with this kind
of approach.

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readers how to
break 11 common,
self-defeating
emotional patterns,

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called schemas or
lifetraps. For each
schema,

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Life provides:

specific change
techniques the
reader can follow,
the most common
childhood origins,
partner choices,
self-defeating
behavior patterns,
self-help exercises,

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and many actual
case examples. Are
you drawn into
relationships with
people who are self-
centered, cold to
you, misunderstand
you, or use you?

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Several of the
most painful
petards upon which
people become
hoisted during an
unhappy childhood
are neatly
dispatched here by
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therapists, who
attack 11 common ‘
lifetraps’ —destructi
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Share your plans to
reinvent yourself
with others.

Reinventing
yourself will be
much easier if your
loved ones,

coworkers, or any
other people in your

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You know about your decision. Sit down with all of the important people in your life and tell them about the change you want to make, and ask for their support during this period of adjustment.

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Reinventing Your

Life is a self-help book based on schema therapy, a fairly new type of

psychotherapy which is mainly

(though not exclusively) used

to treat personality disorders. A

schema is basically a set of related

thoughts, beliefs

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which can either be
healthy or
maladaptive.

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