

DISCOVER YOUR LIFE PURPOSE SEMINAR



Session 4

Life Purpose at Half Time

H|T

What Is 'HALF-TIME'?

It is essentially

- **a transition period** that you go through somewhere near the middle of your adult productive lives (usually between 35-50 years of age).
- **“the ripe midpoint in our lives.”**
 - In your late thirties or forties and still with tremendous energy, creativity and intellectual capacity.
 - You are “ripe” and with the right attitude and Motivation you can begin a brand new season of learning, adventure and enjoyment of life

- **Opportunity to Evaluate** *what has taken place during the first half and to choose which new goals and dreams we may want to pursue during the second half of our lives.*
- **a season of 'in between'** *where you purposefully anticipate the second half. It's like a second chance, without the guilt and regret that usually comes in needing one.*

*It is not escape but **engagement.**
not regret but **renaissance.***

“If you were a machine, it would be called retrofitting - making some adjustments in the original piece of equipment so that it can perform new tasks.”



“If you were a piece of software,
it would be called upgrading

- same basic package, but with revisions and new features that keep it on the cutting edge.



“If you were a plant, it would be called

repotting

- taking a plant out of its *old environment*,
prune it and place it in a new environment so that it keeps growing and blossoming.”



Half -Time is a very important midpoint period in your life.

It is a good time to do a few important things:

- **Introspection and Self-examination**
- **Reinvent yourself for the rest of the journey.**
- **Clean out cupboards and unpack excess baggage**

WHAT TRIGGERS HALF-TIME?

- a significant birthday
- the birth of a grandchild
- a close look in the mirror
- a silent house or 'empty nest',
- achieving a life goal

WHAT TRIGGERS HALF-TIME?

- the unexpected loss of a job, business or spouse
- a brush with death
- the loss of a parent
- a growing boredom and loss of enthusiasm, with your job, business or hobbies.
- a growing sense of restlessness

**CHANGES NECESSARY TO DISCOVER
YOUR LIFE PURPOSE IN HALF-TIME**

Step 1:

Ask The Real And Hard Questions About Our Present Life

Question #1: For what do I want to be remembered?

Question #2: How much money is enough?

Question #3: How do you feel about your present career or job?

Question #4: Are you living a balanced life?

Step 1:

Ask The Real And Hard Questions About Our Present Life

Question #9: *What pursuits have dominated your life thus far?*

Question #10: *If your life story to date indicates what lies ahead of you, what do you think your future holds?*

Step 2:

Make Peace With Your First-half Issues

“We can’t go back and make a new beginning but we can always make a fresh start now and have the possibility of a new ending.”

Step 3:

Take Time For The Things That Are Really Important

➤ *Faith*

➤ *Family*

➤ *Friends*

➤ *Fitness*

➤ *Finance*

➤ *Fun*

➤ *Fruits*

➤ *Fathering*

Step 4:

Be Deliberate And Intentional In Living Your Life

Step 5:

Share The Journey

Step 6:

Be Honest With Yourself And The People You

Step 7:

Be Patient

Step 8:

Have Faith And Persevere

Tham Kok Yin,
Kota Marudu Skycommunity Strings Orchestra







WELCOME!

STUDENT BODY ANNIVERSARY