

THE EXTRA POINT

BY JERRY ROBERTS



1573 What Are You Waiting For?

Today's commentary is for people of a certain age, and who have lived a certain amount of life, and who may be thinking, "Hey, is that all there is?" I've raised a family. I had a career, or maybe they're at the tail end of one. I'm not sure how I'll spend the rest of my years." I'm Jerry Roberts, and today, we'll tell you about other folks who had those same thoughts, and who decided to try something new, making a huge life change. That's next on The Extra Point.

Over the weekend, El Paso, Texas native Marissa Teijo, age 71, made history when she became the oldest contestant ever in the Miss Texas USA pageant.

Teijo wanted to show others her age that the later years in life are not necessarily meant for the sofa, and just playing out the string.

There are numerous stories of people who lived 60, 70, 80 years and more before they decided to take their life in a different direction. If you're in one of those age categories, or you're approaching that stage of life and you have questions about what you might want to do, I've got some examples to share.

One of the most famous of all is Colonel Harland Sanders, he of the finger-lickin' Kentucky Fried Chicken story. After years of hits and misses with business, Sanders was 65 when he built his KFC empire.

Yuichiro Miura became the oldest person to reach the summit of Mount Everest in 2014 at the age of 80, and has expressed his desire to conquer the mountain again at the age of 90.

Rosemary Smith, a racing champion in the 1960s, made a remarkable comeback in 2017 by becoming the oldest person to drive a Formula 1 car at the age of 79.

Smoky Dawson, Australia's pioneering "first cowboy" and Western music icon, became the oldest person to compose, record, and release a new album at the remarkable age of 92.

WWII veteran Mohr Keet wanted something that would get his heart beating faster, so he chose bungee jumping. He didn't begin the sport until the age of 88, and in 2010, at the age of 96, he became the world's oldest person to do it.

Maybe you're a business type and want to make your mark there. Joseph A. Campbell opened his canned goods company at the age of 52. He sold canned tomatoes, condiments, and jellies, but it was 26 years later when he came upon the formula to develop the first condensed soup, tomato soup.

He was 78, and changed the way the world looked at soup.

Back to working up a sweat, Sister Madonna Bruder, a Catholic nun, competes in ironman races at the age of 86. She's done 45 of them, which combine a 2.4 mile swim, a 112 mile bike ride, and a 26.2 mile run.

These inspiring stories demonstrate that age is no barrier to achieving remarkable feats and pursuing new challenges. They stand as testament to the boundless potential of the human spirit and the power of determination, resilience, and a refusal to be defined by the constraints of time.

Do you think you might want your name on a list like this? Here are a few tips to get you going.

Reframe Your Mindset. Avoid dwelling on the perceived negatives of aging. Focus on the positives and maintain an open, curious mindset.

Get creative. You can get involved in activities that you're good at, or choose things you've never done before.

What are your unique strengths, abilities, and passions? Maybe you can leverage something you're already good at or interested in. (Con't.)

Never stop learning. Something you learn today could be the spark that sends you off in a new challenge.

Seek ways to be useful. Some people lose interest in their new direction because they can't find a big purpose to it.

Finding purpose is often tied to making a positive difference in the lives of others. That could be any number of things.

One good way to find purpose is to do something that inspires others to do something.

The path to discovering purpose later in life is highly personal, but these strategies can provide a helpful framework for the exploration.

So...are you ready to explore the possibilities?

What are you waiting for?

That's the Extra Point. Be responsible and make something good happen today. For 93.3FM, the Ray Gibson Show, and First Hawaiian Bank, I'm Jerry Roberts.

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