



Liz Holland life coach & professional supervisor

The Bold Old Model

I am developing a new model to replace the traditional “retirement” model – for that period of life that people have beyond paid work taking most of their time between 8am to 5pm (and all the other hours of the day!). This “beyond 8-5” period I given the working title of the “The Bold Old Model” which celebrates and relishes the fact that being older is fun, enjoyable and energising.....

This is the time of life we can

- enjoy the wisdom we have gained and use the knowledge about ourselves and the world around us to have a meaningful and enjoyable life
- be selective in the way we live –remove the “shoulds” of what we “should” do
- use our energy wisely and keep ourselves in good health
- keep being curious about things and learn something new
- spend more time with people who are important to us
- donate time and skills to a project that is going to help improve /support our communities
- continue to be paid for some of the work we do rather than everything having to be voluntary
- pay other people to do things we do not like to do or are finding too physically demanding

To use the Bold Old Model (*BOM*) requires some background research – because you need to know yourself fairly well and be prepared to be honest with yourself.

Step 1: Background Data on “Me”

The following are some questions to check how well you know yourself already:

	YES	?	NO
1. How I want to spend this next phase of my life is very clear to me			
2. My financial situation will allow me to lead the life I want to lead			
3. I understand & can manage my own finances			
4. I know what activities are enjoyable/ meaningful/ fun for me			
5. I am able to say “yes” to requests made of me that I choose to do			
6. I am able to say “no” to requests made of me that I no longer choose to do			
7. I know what activities /services I want someone else to do because I no longer enjoy doing those tasks or no longer physically able to do them			
8. I know whether or not I want to continue generating an income through some form of “paid employment”			
9. I know whether or not I want to donate some of my time to support others and how I may provide that support			
10. I know what I have to do on a daily basis to care for my physical, emotional and spiritual (whatever “spiritual” means for you) wellbeing			
11. I know at least 3 things I want to learn more about			
12. I have excellent self-care strategies for the tougher times in life			
13. I know my strengths			
14. I know how to ask for assistance if required			
15. I can name people who will listen to me when I need to talk through an issue or make a big decision in my life			

- Review your answers – if you have a or checked – who can assist you in finding the information you need so you can tick ?

Step 2: What am I tolerating?

What am I putting up with currently in my life that I want to change in the future?

- This is easier to answer if you look at different aspects of your life, and write a list of things you are “putting up with” under each heading.

An example could be:

My Home

- Roof over living area needs repair
- Laundry needs painting
- Clothes dryer needs replacing
- Loose tile in foyer is a danger
- 3 trees that need topping so I’m not fearful in high winds..... etc

My Health

- Doctor said I need to reduce my blood pressure
- Sore knees & back – especially in the garden
- My GP doesn’t really listen to me
- Carrying an extra 5 kg around every day..... etc

My Family

- Children expect me to look after the grandchildren too often
- Unclear how our family decides where to spend Christmas
- My partner/wife/husband/son/daughter/sister/brother/ cousin does not.....
- Family don’t know I’m concerned about.....etc

My Friends

- The one who asks me for help, but not available when I need an hour of their time
- The one who gets me to drive them everywhere and doesn’t offer to pay for petrol
- The one I always have to call and make the initial contact.....etc

My Activities

- Not having enough time to yet I really want to do this
- Not having the physical space to
- Not having someone else to.....etc

My Money

- I let my partner worry about the details, but what if they were not there?
- I’m not confident with Internet banking
- I worry that I do not have enough
- I keep meaning to write and stick to a budget.....etc

Develop and review your list regularly – feel the difference when you delete some of the things you have been tolerating in your life!

Step 3: What are my strengths?

1. What are activities you really enjoy doing? Do you want to be paid for doing any of these activities?

Write a list of them all – and break down the activities into different parts so that you really identify the things you gain satisfaction from.
e.g. You could list “gardening” as an activity – yet you dislike weeding intensely, and love collecting and planting native plants

An example:

Activity	Want to be paid for this activity?		
	NO	?	YES
Help people with their income tax			√
Drive people to hospital appointments	√		
Design herb gardens for small areas			√
Read contemporary novels	√		
Assist people with their problems		√	
Research holiday packages		√	
Take photos of animals			√
Write biographical stories		√	

2. Review the activities you have marked under? & YES and think of people or an organisation may pay you to do that activity.

Step 4: If I were VERY BOLD, I would.....

- Write this down as many times as you like, and complete the sentence.....be bold.....think outside the square and use your imagination!!!

Step 5: What would stop me from being an older person who is bold, having fun, feels energised and is recognised as an important part of the community?

- Identify any concerns & fears – and record them
- What can you do to minimise these concerns?

If you plan to be a Bold & Older person and want to talk confidentially about the data you have gathered about yourself, contact Liz Holland for a coaching appointment: lizholland@xtra.co.nz or 03 4761 479
