

# Redesign Your Living and Reclaim Your Life

Terry L. Forrette, M.H.S., RRT



## Re-Design Your Living And Reclaim Your Life

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“You get up every morning from the alarm clock warning, take the 8:15 into the city. There’s a whistle up above, and people pushin’, people shovin’ ....

And if your train is on time, you get to work by nine; and start your slaving job to get your pay...” Taking Care Of Business – Bachman-Turner Overdrive

## Taking Care Of Business



- The Evolution of Employment
- The Rise of Creative Work
- Participate In Your Calling

“ if you’re confused because you never win the race and you think your neighbor has it made. Just remember life is a grand illusion and deep inside we are all the same” The Grand Illusion - Styx



**Are You Making A Life or Just A Living?**

## The Myth Of Retirement



- Most of us will continue to work well into our 70’s
- 40% of retirees say the transition is hard
- 25% of retirees say they are unhappy not working

## Juggling A Career and A Life

- Is your life out of balance
- Does work devour most of your time
- Are you more often dropping the life items to keep the work items up in the air?

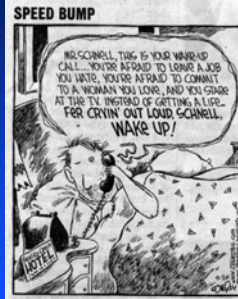


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What am I willing to trade my time for without compromising my value.

Move from what is expected of you to what is meaningful to you



"If you ever get annoyed look at me I'm self employed. I love to work at nothing all day.

Taking care of business every day, taking care business every way. I've been taking care of business it's all mine, taking care of business and working over time."

Taking Care of Business - BTO



Yes there are two paths you can go by, but in long run there's still time to change the road you're on. Led Zeppelin - Stairway to Heaven.

## Don't Resign From Your Job Re-Design Your Living



The probability that the first career choice you make is the right one is roughly one in million. - Peter Drucker

## Success Is An Inside Job




"It doesn't so much matter what you do in particular, so long as you have your life" - Henry James

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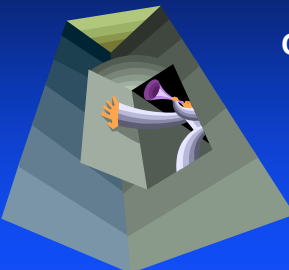
## Are You Listening To Your Calling



Grab life by the throttle...and don't look back.  
Zelda wisdom


Redesigning is not about condemning the present, BUT rather it is a statement about your preference for tomorrow!

## Passion Is An Inside Job



Cherish forever what makes you unique, 'cuz you're really a yawn if it goes away - Bette Midler


## What Is Your "Right Work"



"Live passionately for today and purposefully for tomorrow" - Old Maasai saying

## Are you hearing your calling?

Often it is not the fear that we are inadequate that holds us back, but the fear that we just may be successful



## A New Concept of Creative Work

### Having A Life While You Make A Living



MY LIFE HAS NO PURPOSE.  
SCRATCH MY BACK.  
ARE YOU SAYING THE PURPOSE OF LIFE IS SERVICE TO OTHERS?  
OKAY.  
IT DOES MAKE ME FEEL USEFUL...  
I THINK WE BOTH FOUND SOMETHING THAT WORKS.

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## Some Famous Second Acts

- Jackie Mason
- John Tesh
- George Forman
- Harlan Sanders
- J.K. Rowling
- Heather Mills



## So What Is Your 2<sup>nd</sup> Act?

- Community outreach programs
- Industrial medicine
- Patient assessment
- Point of care testing
- Alternative delivery models
- Sales, education



**Are you making a life  
or just a living ?**

**You have arrived when making a  
living becomes a natural extension,  
an expression of who you are**



*Is that all that there is?*

**No! Start Taking Care Of Business**

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## Suggested Reading

- The Passion Plan  
Richard Chang
- The Power of  
Purpose –  
Richard Leider
- Making A Life ,  
Making A Living  
Mark Albion
- What Should I Do  
With My Life – Po  
Bronson
- Recreating  
Yourself Neale  
Walsch
- Repacking Your  
Bags – Richard  
Leider, Barry  
Shapiro

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