

THE  
AGELESS  
WAY

KAREN SANDS >

**THE  
7 BEST-KEPT  
SECRETS  
TO MASTERING  
REINVENTION**

*at Every Age*<sup>SM</sup>

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# THE 7 BEST-KEPT SECRETS TO MASTERING REINVENTION *at Every Age*<sup>SM</sup>

## 1. Maintain Constancy of Purpose

Never veer away from your personal or collective vision. While there will often be pressures for us to surrender our deepest-held goals or purpose, we must stay true to what we believe, despite negative feedback, from our boards, families, co-workers, or communities. Our ability to maintain constancy of purpose is the first step on the road to our greater future.

## 2. Develop Trust

Supreme faith in the currents of life is essential to realizing y(our) visions. Belief in something greater than yourself (and in yourself) is essential for enlightened leadership and living. Retrace your life and recall all your tough times, and you will see how doors opened while others slammed shut. You'll also recall that essential connections and information were forged from the most challenging times. Trust allows us to fulfill our vision and to believe in the journey as we head toward greatness.

## 3. Commit to Persistency of Purpose

You may be able to hold a constant vision, but are you persistent enough to make it happen? The difference between daydreams and realities is persistence. Do you maintain persistence no matter what faces you? Do you continue to work hard and with heart even when rejection comes? If you have constancy of purpose, you know what your vision is; if you have persistency of purpose, you maintain focus and discipline to make visions a reality.

## 4. Account for Lag Time

Those who create more positive futures have an innate sense of timing and an understanding that the sweetest fruit cannot be rushed to ripen. It is essential to recognize there is lag time between intense effort and tangible results. The wisdom of greatness is one of patience and endurance. Nothing of value happens without waiting.

## 5. Understand and Embrace Change

Change is one of life's few certainties, and those who know how to leverage and analyze transition are going to make the choices that count. Responding to cyclical change in real estate, the stock market, fashion, personal attitudes, and more means getting in sync with our clients, co-workers, communities, and families. Learning to embrace permanent structural changes, like the advent of the computer chip or the Internet, means always being at the cutting edge. Respond proactively to change and you are destined for your better future.

## 6. Demonstrate Coherency

Do you walk your talk? Are you consistent in your message? Do you establish rules and policies and stick by them? Greatness requires consistency of every kind. Is your life work consistent with your core values? Are you only a fair weather "truster," or is your faith enduring, no matter what? Consistency builds the integrity necessary for coherency. Coherency catalyzes sustainable change.

## 7. Live with Courage

Look reality square in the face and know when to take action. This is courage. Do what is right and be true to your vision. This too is courage. Courage allows us to take action and guarantees that our visions are transformed into reality, even when we face opposition and others question us. Imagine how history would have changed if our great leaders had succumbed to the pressures and fears of their day. If you want to take your next step, you must live with courage.



*Karen Sands, MCC, BCC, publisher of the complimentary newsletter and blog, the Ageless Beat. To sign up for my complimentary newsletter and blog, and to learn more about my tips and tools for rocking your age in the Longevity Economy, visit [KarenSands.com](http://KarenSands.com) on your journey*

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