

This will Ease your Anxiety

Norma Hollis

If I ask you what is the most productive decade of human life, what would you say?

I've asked this several times in the last few months. Many people think the 30's is the most productive decade. Afterall, that's when you are young, energetic and ready to conquer the world.

This question was researched by the *New England Journal of Medicine* and you may be quite surprised to learn the answer.

The most productive decade of human life is 60 – 70!

Does that surprise you? It surprises many people.

The second most productive decade is 70 -80 and the third most productive decade is 50 - 60.

When I share this, people under 50 let out an audible sigh of relief. When you learn that everything before 50 is just practice, it puts life in a new perspective, doesn't it? You may have been led to believe that you are supposed to have everything perfect by the time that you are 30 but that's just not so. Until the age of 50, you are just learning the way things work and how you fit in the world.

Those who are 50 and older who hear this place a big fat grin on their face. They realize that they have come a long way and they are just hitting their stride. This joy increases when they learn that the 4th most productive decade is 80 – 90. It's inspiration to keep going rather than to stop and have a 'do nothing' retirement. You can take all the knowledge you have experienced and share it to those under 50 who don't quite know the ropes yet.

So, we all have time to stretch a little bit. Whatever you are doing, keep practicing and learning the lessons if you are under 50. If you are older, grab hold of your stride. Remove the anxiety that has pushed you to think you have to get everything done right now. The truth is, you have time.

Breathe, relax and settle into ease and grace as you move forward with the confidence that you are on your path, doing your thing.

Keep doing it and stay authentic in the process!

Norma Hollis is a change agent who impacts the world in multiple ways. She writes programs for human development, around the theme of 'Authenticity', and turns them into training processes to deepen self-awareness and expand consciousness. Norma and her programs are catalysts for people who are open to gaining new perspectives about self, life and living. She loves working with speakers, coaches, leaders and others who are committed to making a difference in the world. Get Norma's free ebook, "Ten Steps to Authenticity" at <http://www.BookFromNorma.com>.

