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I sometimes I feel I'm too old to FOLLOW MY DREAMS AND PASSIONS. How do I get over it?

Some individuals I come across in my motivational keynotes and seminars feel they are too old to follow their passions. I just smile and assure them it is never too late to do what you dream of doing or to transform limiting mindsets. All you have to do is look around to see examples of real-life heroes who have proven that there is always time for a positive life change.

One amazing example is astronaut John Glenn who, in 1998 and at the age 77, became the oldest living person to fly into space aboard the space shuttle Discovery. Glenn's achievement inspired the script for Clint Eastwood's movie, **Space Cowboys** (pictured above).

In *Space Cowboys*, four hotshot test pilots from 1958 are given the chance to fly a space shuttle 40 years later.

The film shows the challenges they face with others judging them for their age and their physical limitations in their 60s and 70s. But their passion prevails, and they gain the respect from

their younger colleagues through their actions of courage, integrity and perseverance.

There is one other inspiring hero in my life, and that's my father. My dad, at the age of 65, was a recently retired architect. And yet his passion for helping others fuelled him to gain further training in a computer field and apply for a new job. Sadly, my dad passed away unexpectedly just after one interview. The irony is that my mom received a call the day before my dad's funeral that he had got the job.

My dad believed there was always time to do what you want to do.

Let real-life heroes and movie heroes inspire you to achieve your goals at any time and at any age. Let these heroes help you visualize that you too can unleash the desires and yearnings still dormant within you.

Be the action hero of your own life and go for your dreams. There's no time like the present.

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