

Hey, how you doing Jo here.

Welcome to another episode of Make It Happen Monday the show you want to be watching if you want to build a lifestyle business from anywhere in the world, and I've actually just made a couple of videos on the beach and I was coming back here to our balcony and I'm being quiet because there's lots of people around and they might still be asleep.

But here we are on our jacuzzi balcony here in the Maldives, this is our little Jacuzzi bath and I had this morning not a terribly exciting jacuzzi but oh my God, it's so nice.

And this is the view look check this out.

This is what we get to see and at night time that's full of stingrays and loads of big fish and baby sharks and all sorts, it's beautiful and this is the view from our balcony and it's just gorgeous.

But anyway, I was just walking back from the videos that I made on the beach and a thought was going through my mind that I wanted to make this super fast video and that is if you are watching these videos and if you are starting to build your lifestyle business and you are thinking to yourself, I'm too old for all of this Shenanigans, you know, it's just there's too much changing.

There's too much happening and you know, I just feel like I'm past it's all the young'uns now on Instagram all these young people out there doing it and I'm past it.

I'm here to tell you that you are never too old to set a new goal or dream a new dream never ever ever and I just want you to go away remembering that this week.

Think about it. Ray Kroc was 59 when he bought McDonald's and went on to build the McDonald's empire.

Alan Rickman was 42 when he got his first acting gig and once again just head on to Google and you will find umpteen examples of people who started later in life.

Laura Ingalls Wilder was 65 when she wrote Little House in the Big Woods.

Look at success of Little House on the Prairie! You are never ever too old.

This is the quote that popped up on my phone this morning "Never too old to dream a new dream or set a new goal" or set a new goal and dream a new dream.

It really doesn't matter which way round is the simple fact is the

time to start is now just get out there and do what it is you love.

It's so important in this little short life of ours that we try to enjoy every single day as much as we can.

So stop worrying about what other people think about you, stop worrying what maybe your family or your spouse or your children or whoever are telling you. You need to get out there and do whatever it is that puts a fire in your belly every day.

Get out there and do it and the other thing I want to say as well is recently I went skiing, if you've watched any of my Make It Happen Monday videos, you'll know and it frightened the life out of me and I remember sitting down with my good friend Nikki who is an expert skier and she is in her I think mid-50s her husband is mid-60s.

They're still jumping and skiing and doing whatever all over the place and sledging down black runs and things and she said to me 'Jo you don't get old and so you stop doing these things.'

She said 'you stop doing these things and then you get old.'

So every day I urge you to do something that just takes you that little step out your comfort zone that just moves you a little bit into opening and broadening your mind, that gives you a little bit of the fear factor and that might be making a video like this.

That might be writing a blog post

That might be publishing a new opt-in.

It might be making a new product. It might be jumping off the side of a mountain, it might be night diving with manta rays as I did last night, whatever it is that just takes you a little bit out of your normal sphere of comfort is going to be so good for your self confidence and help you to move forward one step at a time.

But please remember you are never too old to dream a new dream or start a new goal now is the time to start.

I hope you have a phenomenal week. Thanks for watching as always Live Life on Purpose.

And of course Make It Happen.

See you again next week.