

# CHEAT SHEET



9 Simple Hacks To Make  
The Rest of Life The Best of Life

Ever been on a long journey? Not long ago I traveled from Michigan to Oregon. The scenery inspired my soul. I gazed at Mt. Rushmore and played in the July snow remnants on top of a high mountain in Yellowstone National Park. But there were challenges: sore butt, boring miles, and plenty of bumps. But challenges are to be expected on a long journey.

Life is like a long journey. There are many high points and thrilling moments. It's been a great ride filled with monumental highs. But there's been many challenges, disappointments, and hurts. Sometimes these bumps in the road are so severe they can steal your joy on the rest of the journey. Don't let this happen. You must take charge of your life.

**‘Here's 9 simple hacks for starting  
to make the rest of your journey the  
best of the journey.’**

# Hack # 1: Let Go of the Garbage.

Imagine what your car would smell like if you threw your garbage in the back seat as you traveled across the country. Over the decades of traveling life's highway we accumulate garbage. We carry grudges, hurts, disappointments, and emotional pain. To make the rest of life the best, you must let it all go.

Make a list of those things weighing you down. Next to each item write how long you've hung on to each one. Add up the total numbers. How many years have you wasted hanging onto the past? Decide right now it is time to leave it all behind.



## Hack # 2: Focus On Your Passion.

When you were younger and focusing on building a career, who had time to do what you were passionate about? Like most young adults you put your passion on hold. Instead of following your dreams you followed the money. You did what you had to do: you paid the bills.

It's time to ask what is it that turns you on? What gets your motor running? If you could do anything and know you would succeed, what would you do? Go. Do that.

Now is the time to rediscover your passion. Follow your dream. This is your moment. Be bold and go for it.



## Hack # 3: Go To The Doctor.

At our age we are tempted to focus on our aches and pains. True, we cannot do what we could do years ago. That's to be expected. It's natural for our strength and endurance to fade.

But as we age we tend to imagine all sorts of illnesses. Just go to the doctor and deal with it. Stop putting it off. If there is something wrong you are being proactive and will fix any health issue. If there is nothing wrong you have freed your mind from expending needless energy worrying about nothing.

Go and make an appointment now and get the checkup out of the way.



## **Hack #4: Start walking 20 minutes a day.**

Too often I've heard of people who retire, sit around the house, and fall over dead. Why? I think part of it is a change from being active to inactive. I'm not planning to run a marathon but every health expert I know advocates walking at least 20 minutes a day.

Find a good place to take your walk. If you live close to a mall go there and make friends as you put in your 20 minutes. When the weather cooperates soak up some vitamin C as you enjoy the great outdoors. And you can always buy a treadmill from one of the thousands of people who use theirs as a place to hang their clothes.

Make the commitment to keep moving. Find a place to walk and get out there. Give your body the exercise it needs. You will feel better and live longer.



## Hack # 5: Get Out of Debt.

As you near retirement and face reduced income you better have little or no debt. Recent news articles ask the question how people can retire with less than a million dollars in savings. Scary question but here's a simple answer: get rid of debt.

I only wish I had realized years ago how important it is to be out of debt when retirement comes knocking. Five years ago I had a financial wake up call and began reducing debt. Today I only owe on my house. Retirement isn't looking quite so scary.

When it comes to the subject of finances in retirement be proactive. Start NOW to reduce your debt so you can fully enjoy the years ahead.





## Hack # 6: Start Investing in Yourself.

To make the rest of life the best of life, invest in yourself. You've given so much to others during the journey. Now give yourself permission to focus on yourself. Take an online class. Complete your degree. Read a self-improvement book. Take an online personality test to learn what makes you tick. Join the health club.

It's time to invest in yourself. One recent discovery uncovered [www.udemy.com](http://www.udemy.com) where you can take online courses, many for free.

Money and effort invested in yourself is never wasted and will big pay dividends for years to come.



# **Hack #7: Schedule at Least 30 Minutes a Week To Do Nothing But Think.**

Thirty years ago Earl Nightingale, the founding father of the self-help movement, said: "The problem with people today is that they just don't think." That problem has increased exponentially.

Sit down with a pad of paper and just think. Jot down what comes to mind. Once you record mundane thoughts like "pay the water bill" and "buy milk" pay close attention to the important ideas which come to the surface.

Grab what pops into your head. Think about it. Discard the lousy thoughts but act on the good ones. You will be amazed at the good ideas popping to the surface.



# Hack # 8: Find Someone To Mentor or Encourage.

At this point in the journey it is time to give back. Think of all the people who helped you in each stage of life. Maybe you are picturing a coworker, a boss, a neighbor, a friend, or a pastor. There are many individuals whose life intersected with yours and made you a better person. It's time to pay it forward.

Look around. Who can you impact in a positive way? Who could benefit from your years of experience and wisdom? Who needs a caring friend? Find someone to pour your life into and your life will take on new meaning. Someone needs your mature wisdom to guide them.



## **Hack # 9: Make Peace with God.**

It all comes down to this. I don't know what you believe about God. Maybe your view of God isn't positive. All I know is that if there is a God and I stand in front of Him I want to have made peace with Him.

Explore your spiritual side. Dare to become something of a mystic. Now is the time to get spiritual.

Why not find an easy to read translation of the Bible and read it for yourself? See what the bestselling book of all time has to say. It might transform your life.



# Here's your assignment:

It's time to get practical. I'm convinced these simple hacks, if implemented, can make a big difference in your life.

From this list pick the top two areas you need to work on. In each of these areas figure out two ways to start making progress. If you do this you'll have four action items to improve your life.

Strike now. Get a quick win under your belt. It's your life. Take these four action items seriously. Make it a goal to have a positive impact in your life within 7 days.

**‘It's true. The rest of your life can be the best of your life but YOU need to make it happen. Get busy!’**

# ABOUT RANDALL HARTMAN



Randall has nearly thirty years of life invested serving successfully as a lead pastor in churches located in Indiana, Ohio, and Michigan.

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## **Education:**

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