



MIDLIFE ENLIGHTENMENT

A Journey to Rediscover Passion
and Purpose

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Introduction

“Midlife crisis begins sometime in your 40s when you look at your life and think, 'Is this all?' And it ends about 10 years later when you look at your life again and think, 'Actually, this is pretty good’.” — Donald Richie

Have you finally awakened and are curious and serious about finding your true self? Are you ready to make the choice that will move you toward this new path that you have created for yourself? Of course, it takes courage to become and adhere to your newly made decision. However, you must begin making progress now because time waits for no man.

Midlife is a natural phase in man’s life. Many refer to it as somewhere between the ages of forty and fifty-five. During this period, the individual is thrust into a heightened vulnerability of identity crisis. Most people would define the word “crisis” here in a negative light. However, there is more to it. The word