



# **40 Things to Improve before Turning 40: Do Something Good For Future You It's Not Too Late Yet**

*Lillian Lewis*

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People who dread turning 40 are those that look back and say to themselves "What did I do with my life?" And those are people who usually didn't achieve success and therefore unhappy in their lives, and will continue to be unhappy if they don't make a change.

Alternatively, those people who embrace turning 40 look back and say "Wow, I accomplished a lot and feel good about my life." These embracers reminisce with a smile on the good things of the past and reflect on the bad things as well - not regretting but thinking "I learned from that and now I will do better"


This is the secret to feeling fulfilled and successful when you turn 40. It is a milestone reached when your goals for that milestone were completed and now you look forward to the next milestone of 50.

To help people who are younger than 40 to reach 40 with fulfillment and feeling of success, this article provides 40 ideas to serve as a guideline of things to do before you turn 40 that help build a stronger and happier you. Treat these 40 ideas as a checklist. You don't necessarily do exactly as suggested but the thing that achieves similar results.

"40 Things to Improve before Turning 40: Do Something Good For Future You It's Not Too Late Yet!" will help you learn about :

- Beautify your Experiences; Live Life to the Fullest
- Acquiring New Achievements and Goals in Your Life
- Rebuild New Goals
- End the Boring Life
- Grab the Dream While You are Still Young; Fulfill Your Desires
- Valuing Fitness and Health
- Valuing Family
- Advance Your Education Get a Job That You Desire
- Be an Entrepreneur; Be a Leader
- Go Beyond in Your Work
- Keeping Life in Even
- Throw Away Stress; Relax a Little Bit
- The Capability of Your Advocacy
- Strengthen Your Will
- Defy Fears

Get a copy of this book now, read on and write your checklist to fit your own life style and desires out of life - to achieve each thing you need to do before turning 40!

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