

FREE Bonus Report!

Empowering and Inspiring



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Boomer Babes Rock! Special Report

7 Things You Can Do Today to Start Living Your Dreams!

Baby Boomer women number 38 million. We are some of the healthiest, wealthiest, and best educated women to ever hit midlife. Born from 1946-1964, we are a diverse group between the ages of 43 and 61. An obvious example of diversity is our age range, which spans 19 years and means that while some of us are grandparents, others on the lower range who started our families later in life are still getting kids into preschool.

Although we are defined by our age, it is clear boomer women are so much more than that. We are the heads of corporations and the matriarchs of families – and everything in between.

Identified by the *National Association of Baby Boomer Women* as “faithful, loving, and hard-working women who multi-task to survive,” we’re a powerful sisterhood hailing from various backgrounds carrying different baggage, but most of us share the same desire—we are a stalwart demographic of vibrant women who want to make a difference.

When I decided to make conscious choices based on turning my dreams into reality, I began to make a difference—in my life and in the lives of others.

To put it bluntly, we’re not getting any younger, sisters! Make the choice now to start

living your dreams today! Here are seven things you can do to change your life. It’s your choice—choose wisely.

May God bless and keep you on your transformational journey. ✦



Allison Bottke, Author/Speaker and a Boomer Babe with Brilliant Dreams!

#1. A.C.T. Now—Don’t Wait!

You want to change your life—to live with purpose and passion. Start by **A**sking yourself these questions. “*What did I love to spend time doing as a child? What do I really want to do with the rest of my life? What is stopping*

me from fulfilling my dreams?” Next, **C**onsider your options, no matter how far-fetched they may seem. Remember, this is the only life you’ll ever have. Finally, **T**hink positively and pro-actively. One of the most life-

changing realizations we can have is that no one controls our thoughts but us. “*The way we see the problem is the problem.*” said Stephen Covey, business consultant and author. **A.C.T. Now! Ask, Consider and Think.** ✦

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Did you know...

- Born between 1946-1964, Boomer Women number 38 million and represent 28% of the total U.S. population?
- Boomer Women spend well over a trillion dollars a year on goods and services?
- Some Boomer Women have children in pre-school and others have grand-children in high school?
- Boomer Women influence elections, education, and consumerism?

#2. Get it Together, Girlfriend!

It amazes me how a woman will take great pride in her home, yet the inside of her car looks like the inside of a Dumpster. Or how about the woman whose closet looks like the designer department at Nordstrom but whose home office resembles a thrift store “free shelf.” And what about the woman whose attention to personal care products equals half the national debt but she won’t spend a dime on file folders, stack trays, or anything whatsoever to organize the space in which she spends hours every day?

There’s a popular poster that declares, “God didn’t make no junk.” But somehow we’ve filled our lives with junk and that external mess can’t help but carry over into the quiet places in

our soul. Gals, the junk most go!

If we want to start living our dreams some of us may need to take drastic measures, but this step can be relatively easy for all of us. Never underestimate the power of organization. How freeing it is to start with a clean slate, to prepare the canvas for the vibrant colors of our new life. In other words, dust off the debris and clean out the cobwebs, sisters! Throw away the junk, file the paperwork, store the decades of memorabilia. Get rid of clothes that are too small or too big. Take an inventory of what needs to be done and do it.

Get it together!

There’s something empowering about being organized. Make your space a place you want to be...not flee. Just like the condition of our hair, the environment in which we live can be clean, shiny and well cared for... because we’re worth it! ✦



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#3. Give Birth to Your Ideas... Put Them on Paper

You’ve asked yourself some hard questions and you’re ready to **A.C.T.** Your external space is clean and organized—just waiting to contain something magical. Now what?

It’s time to develop your *Vision Plan*, the *Manifesto of Your Magnificent Purpose*. Successful individuals and businesses share a common denominator. They’ve outlined their vi-

sion and goals on paper...they’ve given birth to their ideas. If seeing is believing, so too is identifying our vision and purpose on paper. Giving our thoughts shape and form. There is no right or wrong—no such thing as too much or too

*“It’s time to develop
the Manifesto of Your
Magnificent Purpose!”*



little—and no need to prioritize at this point. Go somewhere quiet with a pad of paper and a pen and write down everything you’d like to do with your life. It’s virtu-

ally impossible to develop a strategic plan of action if you don’t know where you ultimately want to go. ✦

#4. Prioritize



Okay, you’ve got this great list of visions and dreams...now it’s time to

prioritize. Take a piece of paper and divide it into three columns. My three columns are identified by Five Years, Ten Years and Fifteen Years. I started in 2000 so I’m now in my second column, and happy to say I managed to check off almost everything in column one. Some folks use the headings; This Month, This Year and Next Year, others prefer Now, Later and Much Later. Whatever method of time you select, the key is to make it realistic for you...

to make it something you can actually accomplish. Don’t sabotage yourself from the start by setting unrealistic goals. If you finish everything in the first column, you can always move something over from the second column if you have the time available. Rome wasn’t built in a day and you must realize that your dreams most likely will not come true overnight—but they won’t ever come true if you don’t get started now! ✦

#5. Knowledge is Power!



You've decided to A.C.T., you've organized your space, you've listed all of your ideas on paper and prioritized them as you feel best. Now, it's time to arm yourself with the information to take the next steps.

Whether it's starting your own business, setting up a potters wheel and kiln, or finally taking piano lessons, do a little bit of research first to see what has already been written on the subject.

It doesn't matter whether you visit your local library or the world wide web and use your search engine to find

answers to your questions, the key is to acquire as much information as you can on whatever it is you want to accomplish.

You might consider visiting a chat room set up for just the subject you are researching. The forum at www.boomerwomenspeak.com has a fabulous resource of chat rooms on a host of topics.

Talk to your friends and even to your mom (yes, you heard me, your MOTHER.) They might have valuable informa-

tion to help you make informed decisions.

Don't be afraid to ask questions to seek your answers. Researching what has al-

ready been written concerning your dreams and goals can only serve to make you a more informed Boomer Babe...and like we said, **KNOWLEDGE IS POWER.**

Power to Boomer Babes around the world! ✦



#6. Use the Right Tools

If your dream is to own your own business, you're going to need office space. Even if the space starts off in the corner of your kitchen, or in the garage. Whether it's a desk from Ethan Allen or a piece of wood across the top of two file cabinets with a space between them for your chair, what matters is that you have a desk on which to work.

If your goal is to play an instrument, you most likely will need to purchase, rent, or borrow that instrument. If you want to make a family quilt, you'll need the supplies. If you long to paint sunsets in the Midwestern sky, an easel, paints, and brushes will be required.

Using the right tools is critical when setting off on your journey to achieve the dreams of your heart.

But that doesn't mean you need to spend a lot of money.

We live in the Internet age of eBay and Amazon.com. Check out what's available used or at drastic discounts. If you don't know how to use eBay or Craigs List, ask a teenager.

This stage may take you some time, especially if the financial aspect of your goal is considerable. You may consider taking out a small business loan, or borrowing money from someone who shares your dream. And as corny as it sounds...where there's a will, there's a way.

Figure out what tools you need, what it's going to cost you, how you can pay for them, and get started today. ✦



**Having the Right Tools
Makes All the Difference!**

#7. Implement Your Ideas

Ideas will remain only that if we don't take them to the next level.

The last and most important of all the steps we need to succeed is this...**IMPLEMENT YOUR IDEAS.**

If we don't implement our ideas, they will never happen. Take all the information you have acquired and organized in the six steps above and start doing them, one at a time. If you get stalled or stuck on

one of your goals, move to another and come back later. Don't feel defeated. We all hit a wall every now and then, but eventually we find a gate to go through and then we're on our way again.

If you need assistance, ask. You have friends, loved ones and Internet cyber-friends who are there for you. Ultimately, we



Dorothy had ruby slippers to help her reach her goal of going home. We have our brains. All we need to do is use them and we'll reach our goals, too!

alone are responsible for making our dreams come true, but we never have to do it alone.

Persevere, never give up, and you will eventually achieve the dreams of your heart. ✦



BOOMER BABES WITH BRILLIANT DREAMS

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About the Founder of Boomer Babes Rock!

Allison Bottke is a Baby Boomer with a keen eye for identifying trends in the marketplace. As the founder of *God Allows U-Turns*, an outreach that includes 21 non-fiction and fiction books as well as speaking and teaching, Allison has had the opportunity over the past several years to travel and speak throughout the country. It is during her travels from California to Connecticut and points in between she began to notice a growing trend among women her age.

"It seems my fellow baby boomer sisters are embarking on journeys of significant change—no longer content trying to do it all, many are checking out of the rat race, intentionally or otherwise, and beginning to focus instead on achieving the dreams of their heart. We are beginning to realize our mortality."

BoomerBabesRock.com and **Boomer Babes with Brilliant Dreams** are Allison's newest entrepreneurial ventures focused on empowering and inspiring her boomer sisters to turn mundane lives into miraculous adventures.

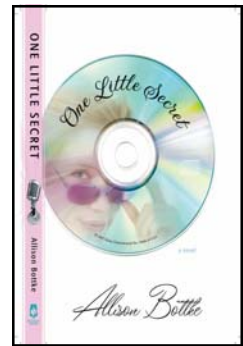
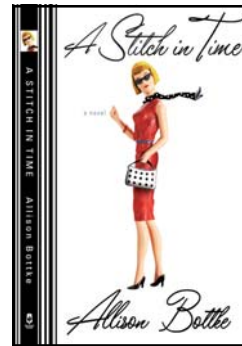
An avid reader of both secular and Christian fiction, with a special affinity for the faithful, fun, fashionable, feel good genre of contemporary women's chick-lit and lady-lit, Allison's debut novel *"A Stitch in Time"* released from Bethany House in June 2006. Her second novel, *One Little Secret*, will release in June 2007. A powerful non-fiction book whose time has come, *"Parents in Pain – How to Stop Enabling Our Adult Children,"* will release from Harvest House in 2008.

Allison's personal story of triumph over tragedy has been seen and heard internationally on numerous television and radio programs, and has been the feature cover story in five national magazines. You can read more about her by visiting her web sites:

www.BoomerBabesRock.com

www.AllisonBottke.com

www.GodAllowsUturns.com



Don't Miss Our Upcoming LIVE Teleseminars!

Allison Bottke has traveled around the country for years teaching at writer's conferences. Now **YOU** can take advantage of her valuable teaching from your home in a series of **LIVE Teleseminars with Moderator Randy Ingermanson**. Don't miss **YOUR** opportunity to take advantage of years of expertise in the field of marketing, development, branding, and promotions, as Allison shares with **YOU** the secrets to her publishing success.

TAKE YOUR CAREER TO THE NEXT LEVEL!

CLEAN UP YOUR ACT

with Organizational Expert Allison Bottke and Moderator Randy Ingermanson
January 22, 29 and Feb. 5, 12, 2007

For More Info: http://www.advancedfictionwriting.com/info/clean_act.php

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