Corey Andrew Powell ([00:00](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hello everyone, and welcome to another inspiring episode of Motivational Mondays. I'm Cory Powell, your host, and today I'm thrilled to be joined by Bernie Borges. He's a seasoned podcaster who's dedicated his platform to helping others find fulfillment during midlife. Now, after a successful career in B2B sales and marketing and hosting nearly 500 podcast episodes, Bernie realized something was missing despite his many achievements. And this led him to launch the Midlife Fulfilled Podcast in 2022, where he explores the nuances of midlife satisfaction and purpose. Bernie joins us today to share his insights and experiences and mission to guide others on their journey to fulfillment during the, and again, I put these in quotes, midlife years. Bernie, welcome to Motivational Mondays.

Bernie Borges ([01:24](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Corey, thank you so much for having me. I am really looking forward to our conversation.

Corey Andrew Powell ([01:28](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Oh, man, me too. I, it's a long time coming and, you know, and as I just put midlife in quotes, I wanna start there because, you know, I had our, our pre-interview call, uh, a couple weeks ago, and you said something that I have been not, I, I have not stopped thinking about, like I've been telling everybody, like, guys, it's, you know, check, check this out. So we were talking about the term midlife and you said, um, something along the lines of, you know, it's sort of elusive because there's no real one midlife for everyone. Uh, so maybe you'll be better at explaining what you mean. So let's start there. What, what were you, what were you meaning when you said that?

Bernie Borges ([02:07](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yeah, yeah. I, I, I love talking about this topic and I, I really wanna encourage your listeners, those that are in the demographic of maybe still in college, to please don't tune out. This is a conversation that I think you're gonna enjoy for a number of reasons. So, Corey, to your question, what is midlife? First of all, let me say what it's not, Corey, it's not the midpoint of your life. And the reason is, unlike a ruler, like you can look at a ruler and you can look at the midpoint of the ruler because you can see the, the, the be both ends of the ruler. We don't know both ends of our life. We know when we were born, but we don't know when our last day is. So there's no way to actually define a midpoint in her life. That said, a lot of quote unquote conventional wisdom based on what's been written over the years defines midlife as generally between age 40 and 60 to 70 ish. However, let me give you the Bernie Borges definition of midlife, and that is that it's adulting 'cause I believe we have three phases of life. Corey youth midlife, which spans many decades, and then end of life and end of life is a natural thing that everybody experiences. It's just, just the circle of life.

Corey Andrew Powell ([03:23](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Bernie Borges ([03:24](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Youth, I generally define youth up to about age 30, give or take. It's not a scientific definition, Corey. It's up to about age 30. We go. I can reflect back, believe it or not, I can remember my twenties almost like it was yesterday. And I can reflect on so many of the changes that I was going through and the aspirations that I had as well as challenges. And then in my thirties, a lot of things started shifting and happening for me. And I look back on that season in my life, Corey, and I go, you know, that's kind of when I hit my adulting stride. So when I look backward, I can really identify as my thirties as the beginning of my midlife season. I, I don't think I'm any different than you or anybody else. I just think I'm a normal person like you and everybody else. Right? So, I think midlife really is that adulting season of life where for many of us, it begins in our thirties and it progresses through our forties, fifties, sixties, seventies, even eighties, depending on how healthy an individual is before that, quote unquote end of life season kicks in, which is generally defined as a steady and consistent decline in health. And just to put a little personal anecdote to that, both my parents are deceased. I watched them both go through that end of life season for them, which was three to five years. It was not a pleasant thing, but, you know, it's just, it's natural. I miss them. But it's, it's just life. Right? So that's my, my definition of midlife. I know it's a little long-winded, but I wanted to just put, you know, as clear, uh, a description and definition to it as I can.

Corey Andrew Powell ([05:10](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm. No, listen, first of all, thank you for sharing that 'cause it's very personal, uh, with your sharing of your, your parents passing. Um, there's some great, great layers of info there that I just took from that. One is that when we start to reshift our thinking about what midlife means, I think it actually makes even a younger demographic start to make different sort of, um, decisions about life. Because for example, I hear a lot of my girl friends, my girlfriends say things like, well, you know, I have to have a baby by X, Y, Z because I, you know, I'm supposed to have a kid by then and be married by then. And I'm like, well, what are you basing that on? Are you basing that on what I think maybe we've been sort of programmed to think is what you're supposed to do? Or is that aligned with you? Specifically your desires? What do you want? So I think there's a lot to be said about how we are all, um, planning our lives according to these things that are sort of like elusive things that are constructs of, of, uh, of society. Does that make sense?

Bernie Borges ([06:16](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yeah. And it puts a, a lot of unnecessary, and in many cases, false pressures on people. You know, you use that example of some ladies who say they need to have a baby by a certain age. The same can be said by, uh, just individuals saying, I should be married by a certain age, or I should accomplish X in my career by a certain age. So it just puts a lot of pressure that I think is just unnecessary. Corey, as you know, I really break out midlife into these five pillars, and I'm really excited to discuss 'em with you on, on your podcast, your Motivational Monday podcast, because these five pillars are not limited to midlife. So I know that you have a listening audience that spans, you know, a a very wide age range. And so, um, I'd love to go there if we can, is talk about these five pillars.

Corey Andrew Powell ([07:13](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yes!

Bernie Borges ([07:14](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Because the reason that I've identified these five pillars, and if anybody knows the Maslow's Hierarchy of Needs, they're kind of similar to this. You'll see in a moment how they're similar, but yet also distinct. And, and that is that these five pillars really empower us to look at our life through the lens of these five pillars and take some pressure off trying to be fulfilled across the entire spectrum of life, as opposed to looking at your life across these five pillars. So here are the five pillars, Corey. Yes. Health, fitness, career, relationships, and legacy.

Corey Andrew Powell ([07:57](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm.

Bernie Borges ([07:57](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

So, if you look at your life through those five pillars, and since I'm all about fulfillment, and I do wanna talk about the distinction between fulfillment and happiness, but if you look at your life through those five pillars, how fulfilled are you in your health pillar, which is both physical and mental health? How fulfilled are you in your fitness pillar? Which as we age, it's less about, or really not about competition. Like, I, you're never gonna see me competing in the Olympics, Corey, sorry to disappoint you, <laugh>, but fitness for most of us, once we get into these midlife seasons, is about being functional. It's about being able to do the things we need to do. I recently had to pull up a tr a dead tree trunk off the ground, which was a bit of a struggle, but I was able to do it because of my fitness level. So fitness is about being functional. And then career, of course, we go through many different phases in our career relationships. Well, that spans a lot, including faith. Faith is a, is an aspect of relationships, but obviously there's relationships with family, friends, work colleagues, et cetera, community. And then legacy is what's the impact you wanna have on people. So if you look at your life through those five pillars, then you're able to really have more peace with yourself. I say at the end of every one of my podcast episodes on the Midlife Fulfilled podcast, I ended with, if you're 80% fulfilled, you're doing great. Because Corey, what I'm saying is, if you are fulfilled in four out of those five pillars, that's great. That's 80%.

Corey Andrew Powell ([09:31](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm-Hmm.

Bernie Borges ([09:31](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Right. So lemme get your reaction to those five pillars.

Corey Andrew Powell ([09:35](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Well, I just thought of the opposite of that. The reciprocal is, if you are on the 20% side, then you've got some work to do. Right? I mean, so it really helps you gauge when you can sell yourself and be honest with yourself with accountability. You know what? I'm not doing well in these areas, let me get it together and work on them. And so I think that's a really great way to break down. I think those are five common denominators that we all share. Those five pillars, they make perfect sense as humans that we can meet on the same page. Yeah.

Bernie Borges ([10:05](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

To add to that, Corey, if in your example, if someone says, I'm at 20%, I'm only fulfilled in one of the one out of the five pillars. Well, the good news is now you know which one pillar you're fulfilled in and which pillars you're not fulfilled in. So instead of, I use this expression a lot, instead of trying to boil the ocean, instead of walking around life saying, boy, I'm just not fulfilled in my life. That's, that's too nebulous. You've gotta have some more concrete understanding of where are you not fulfilled. So by knowing that you're fulfilled in one outta the four, one outta the five rather, and then the other four, you're not fulfilled in, then you can put an action plan in place for each of those other four pillars to try to gain more fulfillment.

Corey Andrew Powell ([10:53](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yeah. And I think, you know, the big part of that, and I mentioned accountability already, but a lot of that is going to require very serious self-assessment. And a lot of times people don't want to look at themselves or have those serious conversations with themselves about where are they unfulfilled, where are they unhappy? Because it may force you down, you know, a, a rabbit hole of a lot of things that are unresolved that you may have to resolve, but it's the way you move forward. You can't move forward, I think, without having those serious conversations with yourself.

Bernie Borges ([11:26](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Exactly. Mm-Hmm. It's all about self-awareness. Yeah. You, you hit the nail right on the head, Corey. So thank you for that.

Corey Andrew Powell ([11:32](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Sure, sure. Uh,

Bernie Borges ([11:34](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

I wanna, I wanna talk about the difference between fulfillment and happiness, because I get this question all the time, Corey, all the time. So, you know, I'm happy, um, and I'm, and I'm not fulfilled, or I'm fulfilled, but I'm not happy, you know, what's going on, right?

Corey Andrew Powell ([11:50](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Bernie Borges ([11:51](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

And, you know, I'm not a psychologist, but here's my definition of happiness and my definition of fulfillment. And I've done research on this so I can share a little bit of that research in the interest of, of time here. I'll just kind of hit some treetops on it. Happiness generally is an emotion. So we're recording this roughly around noon eastern time. And you might be happy based on what has happened to you this morning, this afternoon, something may happen in your day. Well, all, all of a sudden you're no longer happy within the span of just a few hours. You have the emotion of happiness and unhappiness. You can have that. And we've all experienced that. It's, it's an emotion and it can change literally, not only by the hour, but even by the minute sometimes.

Corey Andrew Powell ([12:39](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Bernie Borges ([12:39](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Especially if you're watching a sporting event and you're watching your favorite team, and at the end of the tea game, your team lost. Now you're, you're not happy. Right?

Corey Andrew Powell ([12:47](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Right.

Bernie Borges ([12:47](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

It's an emotion. And, and by the way, nothing wrong with that. We all wanna be happy. Of course we do. Everybody wants to be happy. I wanna be happy, you wanna be happy. But fulfillment is different. It's deeper. I'll, I'll, I'll give you one word that really sums up fulfillment. It's an achievement. Fulfillment is an achievement. So many of your listeners are in college, when they complete their college education, that's an aachi, uh, achievement. They should feel a sense of fulfillment for achieving that degree, that program that they completed. And when you achieve something and you experience that fulfillment, there is an attribute to that, Corey, that is very different than happiness. And that attribute is that it is immutable. So if that's a word that someone may un be, be unfamiliar with, immutable means that it's permanent, it can't be taken away.

Corey Andrew Powell ([13:49](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm.

Bernie Borges ([13:49](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

So when you have some kind of an achievement, and it gives you fulfillment, it doesn't matter if your favorite sports team lost and you're unhappy in that moment, that thing that you've achieved fulfillment in. And so look at, look, your, your pillars, right? If, if you feel fulfilled in your health, it doesn't matter that my favorite team just lost and I'm feeling unhappy in the moment that they lost, I still have the fulfillment that I have in my health.

Corey Andrew Powell ([14:16](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm.

Bernie Borges ([14:17](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Or in my fitness, or in my career, or in my relationships. So the point I'm getting at is understand the difference between happiness and fulfillment, so that when you're chasing fulfillment, you know what you're chasing. You're chasing something that is an achievement. And when you get it, it's immutable.

Corey Andrew Powell ([14:37](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm. I love that distinction. I've never thought about that, because they do, on one hand, seem really synonymous, but when you break it down like that, um, it's, they're completely different. And I'm thinking of the notion of even when you fail or don't really get the result you want, but you really did give it all you had and you applied every bit of knowledge that you prepared. And it wasn't just meant for you in this moment, even in that situation, I think this distinction makes a really, really big difference. Because you can still walk away from a, a situation where you did not get the result you want, but be fulfilled in the effort that you put forth because you genuinely know it was the best effort you could have done.

Bernie Borges ([15:19](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Exactly.

Corey Andrew Powell ([15:20](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yeah.

Bernie Borges ([15:20](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Exactly.

Corey Andrew Powell ([15:22](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

That's amazing.

Bernie Borges ([15:22](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yeah.

Corey Andrew Powell ([15:23](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

So, and so this is for you, was that a personal realization based on, um, any sort of your own personal experience where you kind of had this realization? Or was it just something that theoretically that came to you?

Bernie Borges ([15:36](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

I did a lot of self-reflection. 'cause I've been doing a lot of research over the last two and a half years on this whole topic, the topic of midlife as well as the topic of fulfillment. So I came across this study called the You Happiness Curve. Have you ever heard of this study on the you happiness curve?

Corey Andrew Powell ([15:51](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

No.

Bernie Borges ([15:51](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Okay. So it's named the U based on the letter U. Think about how a letter U is shaped, right? It's got a top, and then it goes down to the bottom, and then there's a curve, and then it goes back up the other side. Both sides are the same vertically. And then the curve at the bottom is at the bottom. It never changes. That's the letter U. So a study was done across multiple countries, dozens of countries, asking people, uh, how happy they were, uh, across each span of age. And what they concluded was that people were the happiest at age 18.

Corey Andrew Powell ([16:31](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm.

Bernie Borges ([16:31](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Then they started to slowly become less and less happy, bottoming out at age 47.2, go figure 47.2 like that specific. Right. They hit the bottom of the U curve at age 47.2. And guess what happens after that? They started to become happy again and continue to become happy as they got older, even into their seventies.

Corey Andrew Powell ([16:53](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm.

Bernie Borges ([16:54](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

So that study just kind of really enlightened me around what is happiness? And that's how I dug into a deeper understanding of fulfillment and was able to really, through kind of cause and effect through my own research, really just kind of hypothesize the meaning of fulfillment. And I've been sharing that definition of fulfillment with many, many people, including people and higher education. And I haven't had it refuted yet. Anyway, <laugh>. Um, just because it makes so much sense, don't you agree? It just makes a ton of sense that fulfillment is something that once we achieve it, it's immutable.

Corey Andrew Powell ([17:31](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yeah. It, and it's, especially because people really talk about happiness, and it becomes almost as like Pollyanna rose colored glasses buzzword, you know, you can choose happiness. And, and I do believe that too. You do choose your path and you know, your decisions can lead to you having a more happy, um, happy life. But yeah, fulfillment becomes connected to goals and strategy and a journey. It becomes much more, um, robust, if you will. Um, when you consider all those factors, that's something that cannot be taken away from you. And, um, I guess in my own personal experience, it was me deciding to go to college later in life. I mean, I, my, I didn't go after high school like my mom wanted, and she was like, are you crazy? You know? And I had to go to New York and do my thing, and I went later laser focused on what I wanted to do. So I didn't, you know, some kids go off to college and they kind of like mess up because they're just kinda having fun. No guidance. But when you go later with a vision and purpose, I was laser focused on that degree, what I wanted to do with my life. And so it, and I, to your point, no one's gonna take that away from me.

Bernie Borges ([18:40](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Right.

Corey Andrew Powell ([18:41](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

I can't. I mean, that's mine, you know, big deal.

Bernie Borges ([18:44](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Exactly. Exactly. Exactly. You know, uh, maybe you hosting this podcast would be an example of something in your career that gives you fulfillment. You know, you reflect, you can reflect on relationships. I think we can all reflect on relationships, especially as we go through life and we get a little older and we can look at some relationships and say, wow, that's a very fulfilling relationship. And maybe we can reflect on other relationships that are not so fulfilling.

Corey Andrew Powell ([19:09](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Bernie Borges ([19:10](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Maybe they're, maybe they're estranged. Maybe it's not a good relationship right now. And so you go, well, that relationship, I'm not fulfilled in that one right now. It's broken, it's strained, whatever the case may be. But again, looking at that across each of the pillars, and a big one is career, Corey. We spend most of our waking hours in our life working. And so achieving fulfillment in our career can be very multifaceted. It can include the, the line of work you choose, meaning the industry, the area of specialization that you've chosen, as well as, um, the roles that you've, you've earned along your career path. Uh, the companies where you've worked, or if someone starts their own business. Uh, there's so many aspects to a career, which again, span many, many, many decades for all of us, that the fulfillment can come and go. There can be aspects of your career where you can be highly fulfilled, and then there might be a different chapter and, and that chapter maybe you're not so fulfilled. And so just having that self-awareness, which you astutely said earlier, Corey, having that self-awareness, that's the key. That really is the key, is having that self-awareness, understanding where you are. And I've been asked, so how do you, how do you do that? Like, how do you develop that? And I don't wanna oversimplify it, but the simplest way that I can suggest that you do that is by aligning your values with each, uh, against each of the pillars. And, and then asking yourself, how are you doing against those values?

Corey Andrew Powell ([20:54](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm-hmm.

Bernie Borges ([20:54](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Right. A simple example is if you're in a career that requires you to put in long hours or maybe travel a lot, and, um, you have a value of maybe you've got a young family at home, you've got young kids at home, well, there can be a conflict there between young kids at home and having to, to work long hours or travel extensively. Right. Whatever the, the case may be. That's just a simple example of align your values with what you're currently doing in a specific pillar, and then see if there's a disconnect there. And if there is, then now you've got the self-awareness of what that disconnect may be. Or maybe you're validating that you are fulfilled, and here's why, because it aligns with this value. So it's that, it's that integration, that marriage, if you will, of val your values with where you are and giving you that self-awareness of whether or not you're a fulfilled, and by the way, fulfillment is not black and white. It's not yes or no. It's, it's, you know, I'm 10% fulfilled, or I'm 99% fulfilled, or I'm 50% fulfilled. And yes, it's subjective.

Corey Andrew Powell ([22:00](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Bernie Borges ([22:00](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

But again, it's a self-awareness thing. If you know you're 50% fulfilled, then okay, it's not zero. You've got some room for growth and you know what to focus on.

Corey Andrew Powell ([22:13](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm. Absolutely. And again, to your point with it being sort of not, uh, one thing for one person or one thing for another, or, or it is one thing for one person and one thing for another person, um, I think there's a big emotive component to it. Like I was the, the reference I made about someone who may fail at something but feel like really highly accomplished still in that moment because they applied knowledge in their best efforts. And that's just something that is really emotive. That's gotta be from internal sort of a, an internal awareness of, of who you are and what makes you, what makes you feel validated.

Bernie Borges ([22:49](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Exactly. Yeah. Exactly. You know, I, I wanna make one more, one more point on the happiness and fulfillment thing. So, uh, I think, you know, from our pre-call planning that, um, depending on when this recording publishes, I've got a research report that's gonna publish, uh, in September. And, uh, we did a big survey, 43 questions. So gather a lot of information, a lot of data. There is one data point that I wanna share from that survey that fascinates me, and it has to do with happiness and fulfillment. There's a question in the survey, Corey, that says the following. Here's the question. Hypothetically speaking, if you could only choose to be happy or fulfilled, which one would you choose?

New Speaker ([23:34](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm.

New Speaker ([23:35](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hypothetically, if you could only choose to be happy or fulfilled, which one would you choose? So take a guess at how it, it, it shook out <laugh>.

Corey Andrew Powell ([23:44](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

I mean, I think probably most people said happy 'cause they don't really understand these nuances that we've discussed.

Bernie Borges ([23:50](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Well, okay. Um, full disclosure before the question, I did provide a definition. Oh,

Corey Andrew Powell ([23:56](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Okay. Okay.

Bernie Borges ([23:57](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

I did provide that definition so that people were not answering the question blindly. To your point, to your point, so there's a clear definition. This is what happiness is, this is what fulfillment is. So, so, I, I won't keep you in suspense any longer. <laugh>, it was 80 20, it was 79.2% chose fulfillment.

Corey Andrew Powell ([24:15](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm.

Bernie Borges ([24:16](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

And 20 point, um, 8% chose happiness. Yeah.

Corey Andrew Powell ([24:22](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yeah. See, that would make sense. I mean, now, 'cause now knowing what I know, just in this conversation, had that been posed to me, that question hands down, I would've said fulfillment. But I don't know if I would have without having had that discussion with you first. You know, happiness seems like this umbrella, the catch all of sunshine and, you know, flowers and Mary Poppins and <laugh>, and, uh, when you dissect it, that's definitely a lot different than fulfillment. So, I'm, I'm not surprised. I'm, that's a really great survey. Um, you know, Bernie, what I wanted to ask you too, I mean, for the midlife topic, again, do you think, and we tapped in this a little earlier, or at least I think I referenced it. Do you think it's a, we're doing a disservice as a society by sort of tacking on things to the midlife term? One thing for me, I cannot stop every time I hear the word midlife, you know what word I think of after it, right.

Bernie Borges ([25:15](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Menopause. Well, it,

Corey Andrew Powell ([25:18](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

It could be for women in that regard, but, but the idea of a, of a, of a crisis.

Bernie Borges ([25:22](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Gotcha. Yeah, yeah, yeah. Crisis, right?

Corey Andrew Powell ([25:24](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yeah. Yeah. A midlife crisis. And even in a situation like that, you know, I know women who are in that stage of life, and some of them have a hard time with it because they've associated it with, I am no longer young anymore.

Bernie Borges ([25:35](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Right.

Corey Andrew Powell ([25:36](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

And that means that, and again, that becomes a crisis. No. That's just what the human body does.

Bernie Borges ([25:41](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Right.

Corey Andrew Powell ([25:41](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

At a certain age. And we're applying all this stuff to it, and again, becoming unhappy because of all these sort of strange assignments on just basic parts of life. So that's, I wanted to get your take on that, like the idea that everything is a crisis if you're not 20 anymore, which is not the case.

Bernie Borges ([26:00](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yeah. So a couple thoughts on that. The reason I said menopause is because, and I agree with you, crisis is the most popular. If you just look at the, the search terms on Google.

Corey Andrew Powell ([26:11](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Bernie Borges ([26:11](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

uh, associated with midlife, midlife crisis is far and away the number one search term. So you nailed it. Right. But the reason I said menopause is that midlife tends to be a topic more discussed among women than men.

Corey Andrew Powell ([26:24](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>.

Bernie Borges ([26:25](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yeah. And the biggest topic for women is menopause. And to your point, it's just a natural part of life what the, the, the body does. And by the way, there is, it's not scientifically, uh, solid, but there's a male version, a men's version of, um, menopause known as andropause, but it's not as, you know, black and white and, and, and well-defined as, uh, as menopause. But anyway, to your point of crisis, yes. However, uh, I did recently come across a study that said that 60% of millennials have reported that they've already had a crisis.

Corey Andrew Powell ([27:04](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm.

Bernie Borges ([27:04](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Which I think validates my point because millennials go up to age 43. Now, Corey, I don't know if you knew that.

Corey Andrew Powell ([27:12](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm.

Bernie Borges ([27:12](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

'cause all the way to age 43.

Corey Andrew Powell ([27:13](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Wow.

Bernie Borges ([27:13](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

It's no longer, uh, 'cause it keeps moving. It's, it's, I forget what the, the birth because year dates are. Uh, but I know currently in 2024, as we record this, it goes to age 43. Next year it'll go to age 44.

Corey Andrew Powell ([27:28](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm.

Bernie Borges ([27:28](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

And 60% of that group in a recent survey said that they've already had a crisis. And so, to your point, yes, a lot of people, and a lot of people who are quote unquote a little older, say 40 plus, they admit to having a crisis because they wake up one day, and sometimes it is literally like one day they have this humongous realization, and sometimes not, sometimes it's something that's been festering. And then they just become self-aware. They're willing to admit that they are unfulfilled in fill in the blank marriage, career, health, fitness, right. Relationships. Right. Any one of those pillars, usually legacy comes a little bit later, a little bit. For those of us that are a little older, we're thinking about what's the, how do I wanna be remembered? What's the impact I want to have? But before the, the legacy pillar, a lot of people wake up one day and they just go, all right, I am just not where I need to be in my career and my relationships in my health or in my fitness.

Corey Andrew Powell ([28:35](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm. Yeah. And

Bernie Borges ([28:36](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

They admit to feeling like they're in a crisis. Mm-Hmm. <affirmative>. So, yeah. Yeah. You get the nail on the head.

Corey Andrew Powell ([28:42](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

I think for me, I definitely had that, uh, on my 30th birthday, I can remember, like I, I can literally remember that trauma, if you will. Right. Because I'm programmed, I'm not gonna be 20 anything anymore. When I wake up, it's gonna be 30. And that was like this, you know, when you're a kid, 30 was like old, you know, when you're a little kid, <laugh>, <laugh>. And then you wake up on your 30th birthday and, you know, I opened my eyes and I remember like, just in that moment going, I know what I need to do. I know what I need to get rid of. I know what I need to acquire. I know where I'm lacking and I need to start that. Today. There was a clarity, and I bring it up because you mentioned thirties as well, when you first started. There's something about that age for me, I don't know how it is for other people, but not even associated with any kind of midlife idea. Just something about 30 cliques for a lot of people when they sort of know what their path needs to be. Have you found in your work that that's sort of more the a the age range where people have more clarity? Or, or has there been some other time marker?

Bernie Borges ([29:41](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

No, absolutely. Uh, that's why I said earlier that I really believe midlife is adulting. And for most of us, that begins in our thirties. Uh, and it's no disrespect to anybody in their twenties again. I remember vividly when I was in my twenties, I bought my first home when, when I was 28 years old. Wow. So I had a mortgage when I was 28 years old. So it's, it's again, no disrespect intended for anyone un under the age of 30, but your own anecdote is a very common one. There is something that just happens to us, whether it's the day that we turn 30 or sometimes soon after, where our mind just begins to really be thinking about like, okay, I'm in this new decade, and you kind of re reflect back on what you've experienced in the previous decade, which was a big decade, right? Because age 20, you're still kind of a kid, still kind of, you know, messing around. Maybe you're already in college or not, whatever. And then 10 years later you have this, this wake up call like, okay, like, I'm really adulting now, <laugh>. I've got all these things that are going on in my life, and I really need to maybe over here get a little bit more serious or committed or whatever, and maybe I need to let go of a few things. Again, you become more self-aware, more self-reflective. So yes, very, very common. Which again, is why I say, and I've said this on the Midlife Fulfilled podcast, that I really believe that midlife begins in our thirties. However, it's a tough sell, Corey, it's a tough sell. It's, it's really tough, hard to say to someone 33 or 35, or even 38 years old that they're in midlife because there is this perception out there that midlife is 40, 45, even 50.

Bernie Borges ([31:24](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Mm-Hmm. <affirmative>. And so someone in their thirties just doesn't wanna believe that. And I'm okay with that. I'm okay with that because you and I know that they're gonna blink and they're gonna be 40 <laugh>. Right. And they're gonna blink again, and they're gonna be 50 <laugh>.

Corey Andrew Powell ([31:39](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Right.

Bernie Borges ([31:40](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

And they'll look back and go, oh, yeah, I guess I really did start, you know, in my thirties.

Corey Andrew Powell ([31:44](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Yeah. Yeah. And that's really important. That's why I want to, we want to stress again, and the reason why this conversation is so relevant for our entire listening audience, which will stem from potentially like an 18-year-old all the way up to maybe 70 years old. It is because there's a, there's one of those considerations at every stage of our lives. And between that, where we're second guessing our choices, or trying to decide if we've made the right decisions about life or what we need to do, and, uh, that, that's a long journey along the way where we're all gonna have those, uh, I guess sensitivities, if you will. And, um, there's no really one right answer about when that is going to be. So anyway, younger people out there listening, as Bernie said, you'll blink your eyes one day, <laugh>, and it will be 30, and then it'll be 40, 50 and so on. And so, Bernie, with that said, with nearly 500 episodes recorded across different podcasts, I mean, you've been doing that for quite a bit, bit. So you're a, a, as I said earlier, you're a seasoned guru in the podcast space, but what's been the most surprising, uh, discovery for you when it comes to this midlife conversation? What's the most surprising thing you've discovered about your listening audience, if they've shared their struggles or what they've gone through?

Bernie Borges ([32:57](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

I think the most surprising thing on this whole topic of midlife and fulfillment in midlife is how everyone is struggling somewhere. Some are struggling a lot, some are struggling, maybe not a lot, but more than a little. And some are struggling a little. But I really haven't encountered anyone in my travels, and I've interviewed more than a hundred people, plus I'm doing my research. And this report that's gonna publish in September is validating the fact that everybody has some struggles that they're dealing with in their midlife journey. And that's why I feel good about saying, if you're 80% fulfilled, you're doing great at the end of every single podcast episode on the Midlife Fulfilled Podcast, because that's what I've discovered Corey back to your question, is that everybody has some struggle. And you know what that's called life. It's just called going through life. I, if you're in a midlife season, you've lived long enough to be in one of the midlife decades, then you're experiencing life. And so don't beat yourself up if you are less than a hundred percent fulfilled in any of the five pillars. Know where you are and work on that. But everybody has some struggle at some level. That's my biggest discovery.

Corey Andrew Powell ([34:21](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Wow. That's, so, that's, uh, that's a, a, a pretty big one. And I think, I guess to conclude the, the conversation, um, if it comes to someone who's just coming to terms now with the feeling of unfulfillment as we've just discussed it, um, what would you say is a first step for them to bring resolve, um, and, and, and, and addressing those feelings?

Bernie Borges ([34:49](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Sure. Well, two things we've already discussed, so I'll just kind of summarize them. One is look at your life through the lens of those five pillars. Don't look at your life as one ocean that you're trying to boil. If you know that expression, look at your life through those five pillars and ask yourself the question, how fulfilled am I in each of those five pillars, health, fitness, career, relationships, and legacy? And then to take some action, as I said earlier, also, look at your values in each of those pillars. And I encourage people to write them down. I mean, there's nothing more powerful in self-awareness than writing things down and writing it down in a way that you're not gonna share it with anyone. It's just for you. So that really should give you permission to be honest and not, you know, sugarcoat things, right?

Bernie Borges ([35:43](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

When, when you're just writing for yourself. So write down your values and then write your, then, then ask yourself, how, how is my fulfillment or my activities, or my state of fulfillment in each of these five pillars aligning with those values? And I gave you the example earlier, if you have to work long hours and that, you know, and you have, you have values of a young family at home, those you're not, you're not aligned. There's misalignment there.

Corey Andrew Powell ([36:10](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm.

Bernie Borges ([36:11](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

So those are the two suggestions. Look at your life through those five pillars, and then ask yourself, how am I doing in each of those five pillars against my values? And that can help someone come to some self-awareness and then know where to focus to improve fulfillment, where it needs to be improved. And last point on this, Corey, is don't, don't chase a hundred percent fulfillment because you're chasing perfection, and it's just not possible. Now, someone may argue with me, Corey, someone may say, you know what? I'm a hundred percent fulfilled. Fantastic. Congratulations. You're in the 1% of the 1% <laugh>. The rest of us are not a hundred percent fulfilled.

Corey Andrew Powell ([36:55](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Hmm. Yeah. Um, I will just say, as a man of a certain age, uh, thank you for all this knowledge <laugh> today. I absolutely, um, really feel like it's, um, benefiting me greatly as I, uh, I'm on my journey, my continued journey, and I really appreciate you sharing your wisdom here with us today. Bernie Borges, uh, host and creator of the, uh, Midlife Pod, I'm sorry, mid Midlife Fulfilled podcast. And it's absolutely a great pleasure to have you here today on Motivational Mondays. Thanks for being here.

Bernie Borges ([37:25](https://www.temi.com/editor/t/TabnZiC_dGpp9uxwUXCZzlieH-XyNLmlseniJoq1Bj94w5kHThTGU9q5xLZ-AQ5_Tq7bT14HUGQyQTglvNSu48Lr4kw?loadFrom=DocumentDeeplink)):

Thank you, Corey. Thanks for having me. I, I've enjoyed our conversation.