

A Guide to Find Fulfillment, Forge
Meaning, and Make a Difference
in the Second Half of Life

The Art of Encore Living

It's time to play your game.

Scott Perry, Encore Life Coach

The Art of Encore Living

A Guide for Finding Fulfillment, Forging Meaning, & Making a Difference in
the Second Half of Life

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A Note From the Author

Are you winning the game of life based on the rules you learned in school and on the job but not feeling the thrill of victory?

You're not alone.

Many begin to feel cheated in midlife despite following society's rules (although you can recognize the false promises of the "pursuit of happiness" at any age).

What's going on?

It turns out you can't win when you're playing someone else's game.

And you definitely can't win a game you don't want to play.

What to do?

It's time to play *your* game.

You can find fulfillment, forge meaning, and make a difference in the second half of life by mastering the art of encore living.

What's the second half of life?

It's the life you live from the inside out whenever you're ready to let go of searching for external instruction and validation for how to play your game.

What is encore living?

- It's a journey of defining, developing, and delivering the difference only you can make.
- It's a life that leverages who you really are, what you're really good at, and where you really belong.
- Instead of a legacy of money and monuments left behind after you die, it's a life where you live your legacy through endeavors that matter.

In short, mastering the art of encore living is about [playing your game all in and full out](#). Encore living cultivates fulfillment by living the second half of life fully.

If you still need to figure out your game, *The Art of Encore Living* helps dial it in.

If you've got some idea of your game but seek greater clarity and confidence in navigating your way forward, *The Art of Encore Living* provides a compass to expedite your wayfinding.

And if you're lucky enough to have already discerned and embraced your encore life, this guide will provide you with a vocabulary to help you articulate the principles and practices with others to help them do the same.

The Art of Encore Living continues exploring the three questions I asked readers in the opening of an earlier book, [Endeavor: Cultivate Excellence While Making a Difference](#).

Those questions are, “What does it mean to be human?” “What does it mean to be happy?” And “How can I be more of both?”

This guide provides insight and inspiration for cultivating purposeful and passionate living through exploring those questions, but the real magic is in the execution of its ideas.

You've got to change to change.

And while change may happen over long periods of [chronological time](#), it actually happens through purposely [living moment to moment](#).

Resources and exercises are included to inspire you to take intentional action with the principles and practices in this guide.

This guide helps you hear and heed the call of vocation—the work you're meant to do now.

Your life is speaking to you because it wants to speak through you.

Let your life speak.

About This Guide

Are you navigating the second half of life with a nagging sense that you've not yet fully embraced or engaged with your unique gift or life's true calling?

For many of us, the second half of life is a time for reflecting on [the meaning of life](#).

More to the point, a time to reflect on the meaning of *your* life.

If you're lucky, the work of making a living and raising a family has been rewarding.

And if you're REALLY fortunate, that work aligned with who you are, what you're good at, and where you belong.

That kind of work feels meaningful and fulfilling—more of a vocation than merely an occupation.

I'm VERY fortunate. I made a living doing work I was called to several times in my life—husband, father, musician, teacher, and now an encore life coach.

But if you haven't found your soul's true calling, you need to know it's not your fault.

Institutionalized education and occupation systematically indoctrinated you to ignore and deny your dreams.

Instead of nurturing your innate instincts for creativity, collaboration, and curiosity, society compelled you to comply, compete, and settle for the status quo.

And yet...

You can define your game ([the work you GET to do](#)) anytime you choose and decide to do the inside-out work of reconnecting with who you really are, what you're really good at, and where you really belong.

This guide is designed to provide you with time-tested wisdom to help you begin to discover, develop, and deliver the difference only you can make so you can [live your legacy](#).

You'll be seeking the edges of your understanding and ability. That is, after all, where growth occurs.

Why I Wrote This Guide

I wrote this book because, although I have heard and heeded my life's next calling, I have at least as often ignored or misunderstood it.

If you have doubt or even fear about how to discern and embrace your "what's next," I want you to know I understand and empathize with you.

Why?

Because I am you.¹

My attempt to inspire you to pursue developing your potential and delivering on your promise is also a reminder to myself to do the same.

As I encourage you to embrace uncertainty and sit with the tension of navigating a path into possibility without a roadmap, I'm also emboldening myself to continue my journey.

Ventures (and adventures) into vocation require this kind of exhortation because the path is not singular or often well-marked.

Maps can only take you where others have been or want you to go.

The nine steps in this guide will serve as a compass for finding your way into your calling.

About the Links & Doing the Work

The links throughout this text take you to resources and tools to go further and deeper with the principles and practices unpacked in this text.

¹ h/t [Jeff Moore](#)

Please click these links and read or watch these additional resources. They are intended to help you go deeper with the ideas and catalyze your progress.

Do the Work

Also, remember to do the work.

Each of the nine steps includes a call to action to “Do the Work.”

These are not just questions for you to meditate on, journal about, and discuss, they are exhortations to put the principles and practices to work.

And pay attention to the information and exercises in the Appendixes. Leaning into that material will provide traction and momentum for your journey.

I also encourage you to seek [fellow travelers](#). This work is more enjoyable (and effective) when it’s done with and for others.

Please share this guide with anyone who may benefit, especially if they are willing to explore encore living with you.

Join the Community

[Join a free community of readers](#) of this guide going further with the principles and practices with additional content and virtual gatherings.

Or complete the complimentary [Catalyst Questionnaire](#) to take a bolder step into possibility with the principles, practices, and processes shared in this guide.

Mastering the art of encore living is a lifelong pursuit. Let’s begin.

The Most Important Conversation You'll Ever Have (& Why You Should Have It Now)

The most important conversation you ever have is the one you have with yourself on your deathbed.

That moment is a reckoning—the time when you answer the question, “What meaning did my life have?”

After all, your life’s meaning is derived from what you did while it was yours to do something with.

However, you can’t know when that conversation will happen or even if you will get to have it.

What to do?

Better to have that conversation sooner rather than later.

“Think of yourself as dead. You have lived your life. Now, take what is left and live it properly.”—Marcus Aurelius

Maybe suggesting that you imagine a conversation with your dying self lands as morbid? That’s partly intentional, a bit of “[empathetic antagonism](#).”

I want to get under your skin to encourage you to have this difficult conversation now, so you don’t have a regretful one later.

If today was your dying day, what would you celebrate? What would you regret?

What strengths would you embrace more fully?

What self-limiting beliefs would you erase more completely?²

² h/t [Jeff Moore](#)

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[Click here](#) to purchase directly from the author.

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