



# THE PEOPLE'S KEY TO Kickin' the Dream

BY TERRY MURPHY

Global thinkers tend to forget the 50th percentile, but even the prettiest flower needs water. This guide is intended to capture the attention of most of the wildly diverse boomer nation: a group of earth riders with everchanging identities, dreams, and pocketbooks.

At age 65, I recorded my fifth record of original music, *Kickin' the Dream*, featuring many of the most acclaimed musicians in Door County. The chorus in the title track goes like this:

Start kickin' the dream  
you hoped you would  
Kickin' the dream  
you knew you could  
Kickin' the dream you really should  
Start kickin' the dream  
'cuz life is good  
Stop thinkin' start livin'  
Start kickin' your dream

The operational definition of kickin' the dream is an action plan investing meaningful effort into pursuing a creative outlet which, for whatever reason, wasn't feasible at an earlier stage in your life. By design, the dream is wide open, dependent solely on the imagination, curiosity, inspiration, spirituality, and grit of the individual. Talent is not a requirement because it's far too abstract, hypothetical, and prohibitive. It's about the dream. Based on the small print of an energy bar I just



devoured, "life begins at the end of your comfort zone."

### Trust Your Instincts

Listen to the voice in your head, not the negative static from those around you spewing discouraging remarks about time, money, talent, practicality, or whatever the flavor of the day seems to be. Most people thrive on familiarity, so risk-taking or changes in traffic patterns may be unsettling for some friends and family. Selfishness is not a dirty word—indulge yourself.

### Birds of a Feather

Actively seek others with a growing passion or curious nature. Find a tribe of like-minded thinkers moving along a similar path and commit to meeting on a regular basis. It may be a writer's club, ukulele circle, songwriter's workshop, quilting, culinary, scrapbooking, art classes, yoga, sculpture, jewelry making, dance, wood carving, or whatever your dream looks like. The support, sense of community, insight, collaboration, and companionship is worth the price of admission.

### It Ain't About the Money

Speaking of commodities, dare I suggest that time is the most valuable asset in your possession. One of my lifelong principles goes like this: one can always make more money, but one can't make more opportunities. I lived that axiom in 1996, when my wife, Katy, qualified to run in the 100th Boston Marathon. Tagging along, I carried a sign around the expo looking

for a race bib and found one from a club in Michigan. I paid \$250, ran the marathon, got my finisher's medal, and tell the story to prove my point that the cost of not doing something is greater than the cost of doing it.

### It's Recess and the Bell Never Rings

For those north of 55, empty nesting, retired, healthy, and seeking a more self-fulfilling chapter in life, now is arguably the most practical time to take a calculated risk. For most, family will always be a major piece of the pie, and kickin' your dream doesn't need to challenge the goodness of grandparenting. Truthfully, for many in this category, the heavy lifting is over, and one's purpose may require some fine tuning.

My music life is as busy as it's ever been, with a variety of opportunities to collaborate with amazing musicians, consider new recording projects, and book *The Cherry Pickers* at local pubs or festivals. Let your inner child out. Chances are there's an itch that needs to be scratched, a page left unturned, or a journey yet to be taken.

As I like to say on stage, "Let's raise our glasses and toast to our collective good fortunes!"

*Terry Murphy is a singer/songwriter performing regularly in Door County. To catch his next performance or listen to his music, check out terrymurphymusic.com, spotify.com, and iTunes.*

*Photographs provided by Terry Murphy.*



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## VOLUNTEER OPPORTUNITIES

*These organizations are seeking aging adult volunteers. Check also the Senior Centers category in the Aging & Caregiver Resources section.*

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**THE BEACON**  
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The Beacon is a homeless day resource center that is open 7 days a week/365 days a year. There are a variety of volunteer opportunities to be involved in, such as laundry service, meals, computer lab, check-in, and more.