Don’t you wish problems in real life could be fixed as easily as problems in the digital world?

Nine times out of 10, when my computer stops working correctly, I just shut it off and restart it, and it starts right up and works perfectly.

Here’s how to hit that do-over button on your life — by re-inventing yourself.

**Education:** Successful people realize education does not end with high school or college graduation. Throughout your career, never stop reading literature in your field, taking classes, developing mentor relationships, and getting more official recognition.

Age is no barrier to going back to school. It took some getting used to for my college-aged son’s friends to see me on University of Central Florida’s main campus when I went back to school at 45, but getting that extra degree was crucial in competing in an ever-changing workplace.

• Get physical: All the education and training in the world will not matter if you are not 100 percent on top of your game. If you are neglecting your health, you will slow down both physically and mentally, and you will not be as successful as you could be on the job and in your social interactions. It is never too late to take up exercise and fall in love with a new activity.
You will lose weight and gain so much more: the empowerment of learning a new skill, increased physical stamina, and a host of new, like minded friends. Brevard County is filled with adults who are happily engaged in cycling, running, rowing, swimming, and other sports.

- Your new mantra: Age is just a number. Starting right now, never use the fact that you are “X” years old as an excuse to not do something. Your age should be an excuse to do everything.

- Banish the following sentences from your vocabulary: “Yeah, I did that, about a 100 years ago.”

“I can’t do that — I’m too old.” My friend started nursing school in her mid-50s fifties and will graduate in her late 50s. She is going to get older whether or not she goes back to school — why not get older and also follow a dream?

“Everything is crazy today, Why, in my day…” Your day is today, and every day you are alive. Never stop competing, never stop trying to be your best.

If your life is stuck, realize it’s never too late for a do over. Hit that reset button and never look back.

Cindy Bishop is a lawyer and Florida Supreme Court Certified Mediator working in Brevard County.