



5 Signs You're Ready for Your Second Act

A Free Guide for Men Over 50

You're not too old

You're not behind.

You're not finished.



You may be simply standing at
the edge of your next chapter...

...waking up one morning realizing the life you built no longer feels like it belongs to you. Everything looks fine on the outside, but inside you can feel it clearly: **you're not done yet, and you can't keep living on autopilot.**

Most men reach a point, often quietly, where
something inside begins to shift.

The man feels guilty for recognizing these feelings exist, and sometimes can even feel shame or anger that he is just not feeling his life is complete. There is something missing inside.

But, this is not a crisis.

It is a calling!

This guide is here to help you name what you may already feel

You are ready for your Second Act.

Let's begin.



This is not a guide meant to be skimmed.

It's meant to be lived.

The signs in these pages are not just ideas — they are mirrors. And the truth is, most men don't need more information...

They need space.

Space to slow down.

Space to reflect.

Space to hear what life has been trying to tell them. That's why this guide is best completed over 5 days — one sign per day.

Not because it takes long...

But because real clarity takes honesty.

✓ Day 01

Read Sign 1.
Then sit with it.

Let yourself notice what feels heavy. Write it down.

✓ Day 03

Read Sign 3.
Listen for the quiet restlessness underneath your routines.

That restlessness is not a problem — it's an invitation.

✓ Day 05

Read Sign 5.
Imagine what it would mean to live fully again.

Not someday. Now.

✓ Day 02

Read Sign 2.
Then ask yourself where you've been drifting.

Don't rush past the uncomfortable truth.

✓ Day 04

Read Sign 4.
Face what you already know must change.

This is where courage begins.

A Challenge To You

Do not do this in your head. Write. Be brutally honest. Give yourself the respect of serious evaluation. Because the men who get the most from this guide are not the ones who simply read it. They are the ones who confront themselves inside it. **This is your life.** This is your chapter. And if you are standing at the edge of your next chapter. The only question is:

Will you step forward?

Sign 1

The Old Life Feels Heavy

You're tired...
but not from effort.

You're tired from carrying.

Carrying roles that once made sense.
Carrying expectations you never agreed to.
Carrying a version of life that fits who you were...

...but not who you are now.

The weight isn't always obvious.

Sometimes it looks like:

Going through the motions
Feeling numb instead of inspired
Living on autopilot
Tolerating what drains you
Wondering why things that used to motivate you no longer do

This is not weakness.
This is your soul telling you:

Something is outdated.

Reflection

What feels heavy in my life right now?

What have I been carrying too long?

One thing I may be ready to release is?

Completed

Date: _____



Sign 2

You're Done Drifting

At a certain point, distractions stop working.

The noise doesn't satisfy.

The busy-ness doesn't fulfill.

You don't want more entertainment.

You want direction.

You may find yourself thinking:

"I don't want to waste time anymore."

"I want my days to mean something."

"I need a reason to feel lit up again."

"I want to choose my life instead of just living it."

Drifting is easy when you're young.

But when you're older...

drifting becomes expensive..

This is the moment a man begins to ask:

What am I actually doing with this chapter?

Reflection

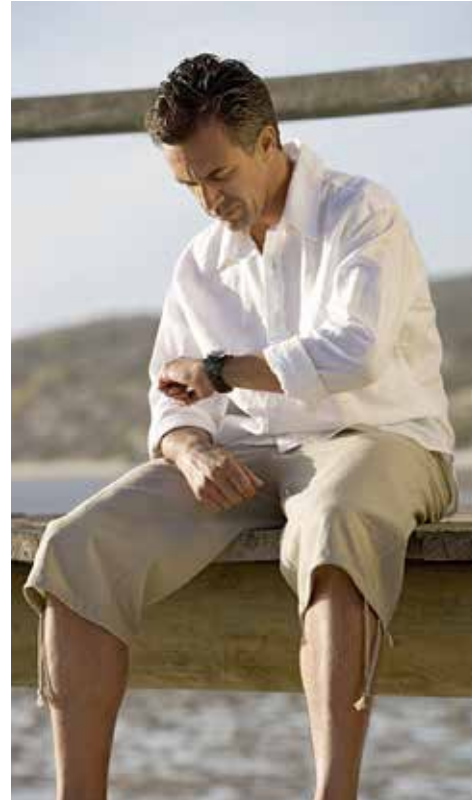
Where have I been living on autopilot?

What am I craving more direction in?

If I stopped drifting, I would choose:

Completed

Date:_____



Sign 3

You Feel a Quiet Restlessness

This isn't dissatisfaction.

It's deeper than that.

It's the feeling that something inside you is still unfinished.
A quiet restlessness.
A sense that life is calling you forward.
Not necessarily to do something louder...

...but to live something truer.

Many men mistake this feeling as boredom.

It's Awakening.

It might sound like:

"There has to be more than this."
"I'm not done yet."
"I want to feel alive again."
"I don't know what's next... but I know it's not this."

That restlessness is not a problem.

It is a signal.

Your next chapter is trying to get your attention.



Reflection

What is the quiet voice inside me asking for?

What part of me has been waiting?

What might this restlessness be pointing toward?

Completed

Date: _____

Sign 4

#SECONDACTRESET

You Know Something Must Change

There comes a moment when
a man sees clearly:

The cost of staying is becoming too high.
Not dramatic.
Just honest.

Maybe you've stayed too long in:

A career that no longer fits

A relationship dynamic that won't evolve.
Habits that dull your energy.
A version of yourself that feels too small.
A life built for others instead of for truth.
The hardest part isn't change..

The hardest part is admitting:
This isn't working anymore.

But that admission...
is where freedom begins.
Because the Second Act requires something simple:

A willingness to stop pretending.

Reflection

What do I already know isn't working anymore?

What is the cost of staying the same?

One change I know I need to face is:

Completed

Date: _____



Sign 5

#SECONDACTRESET

You're Ready To Live Fully Again

This is the most powerful sign of all.

You don't want to be younger.
You want to be realer.

Deeper.
Wiser.
More awake.

You want to feel:

Purpose in your mornings
Strength in your choices
Peace in your identity
Pride in your direction
Aliveness in your body and spirit

This is what most men truly want:
Not a new life. **A true life.**

The Second Act is not the fading out.

It is the coming online.

This is the chapter where you stop shrinking, and start inhabiting your life fully!

Reflection

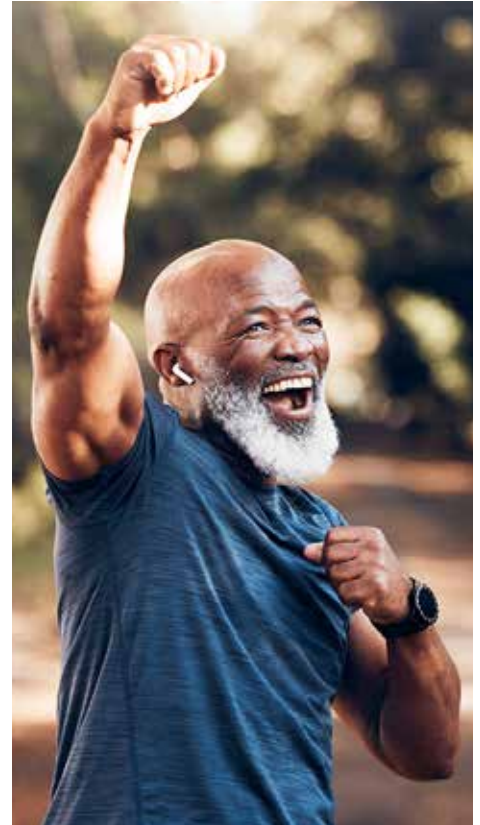
What would it mean to feel fully alive again?

What does my Second Act need to be about?

My next fearless step forward is:

Completed

Date: _____



A Challenge To You



Do Not Do This In Your Head

Write!

Be brutally honest.

Give yourself the respect of serious evaluation.

Because the men who get the most from this guide are not the ones who simply read it...

They are the ones who confront themselves inside it.

This is Your Life!

This is your chapter.

And if you are standing at the edge of your next chapter...

The only question is:

Will you step forward?



If you saw yourself in these signs...

You are not alone.

And you are not late.

You are right on time.

The Second Act is not about starting over.

It is about coming home.

About releasing what is heavy.

Reclaiming what is true.

And relaunching into a life of meaning, courage, and legacy.

You are not finished.

You are ready!

So Let's Get Started On Your Second Act

✓ Join The Second Act Blueprint

**In 30 days, go from “What now?” to “This is my next chapter,
and I’m stepping into it fully.”**

This is not a career course.
It's a life reset for men.

✓ R.E.L.A.U.N.C.H. — The Second Act Method™

This is an invitation to release what has become heavy.
To examine what is no longer true.
To listen to what has been waiting inside.
To align with what matters most.

To upgrade into the wiser,
stronger man you have earned the right to become.
To navigate change with clarity instead of fear.
To commit to a life that feels intentional again.

And above all...
To honor your age not as a limitation,
but as a legacy.

R.E.L.A.U.N.C.H.™ is not about starting over.
It's about coming home to yourself —
and stepping fully into the life you were meant to live next.



✓ Sign Up Today and Save

Scan the QR code and join **The Second Act Blueprint, A 30 Day Self Guided Course** to help you live the life you were meant to live and save 84% off the course price! **You pay only \$47!** Regular price is \$297!



About Me

I'm Russ Reyes, and I'm not a guru, a celebrity, or someone who has life perfectly figured out. I'm just a regular man who hit that point where the old way of living started to feel heavier than it should. I've faced the doubts that come with aging, the quiet fear of becoming irrelevant, the feeling of staying too long in things that weren't changing. I know what it's like to wonder if your best years are behind you — and to carry that question around without saying it out loud.

What I've learned is simple: the second half of life doesn't get better by accident. It gets better when you decide to stop drifting and start choosing. I've had to take hard steps, let go of what no longer fit, and step into a chapter that feels more honest and more alive. I'm not here to tell you how to live — I'm here to walk alongside men who know there has to be more, and who are ready to do the real work of finding it. Because purpose isn't a motivational phrase... **it's the most valuable thing you can reclaim.**

THANK YOU!

A handwritten signature in gold ink that reads "Russell Reyes". The signature is stylized with a large, sweeping flourish at the end.