Hi everyone, I’m Leo Notenboom for askleo.com.

You know, one of the things I love about what I do and the technology I get to play with every day is that it opens so many doorways and presents us all with so many opportunities to take advantage of … if we are willing to take advantage of it.

That’s where a thread that came through in the last survey kind of bugged me just a little bit. People were using the phrase, “I’m old” as kind of an excuse for not getting something or not feeling like they were ready to do something.

And I personally, I find that kind of sad. Not everybody was doing it. A lot of people were just saying, well, “I’m old”, which is awesome, and they were able to accomplish a lot of things which was actually, like I said, pretty awesome but I [also] kept seeing it as kind of an excuse, like I said, and it doesn’t have to be that way.

The issue with technology from my perspective is that it is something that presents us with tremendous opportunity if we are willing to take advantage of it. It doesn’t really matter how old you are. Age, the number of years on a calendar, heck, seriously it doesn’t matter.
I regularly hear from folks in their 70’s, 80’s and 90’s and honestly, I’m waiting to hear from that hundred-year-old, I really am – who are having a great time with technology, who are using it to do things that their children or their grandchildren just never imagine and certainly that folks of their age just can’t quite comprehend. That they’re just doing all of these fun things: connecting with people, sharing with people, communicating with people.

Because in a lot of ways, that’s what a lot of the internet and technology is all about. It’s about connecting with other people.

It happens all the time, which is why it’s so very cool. Like I said, when I hear about those folks who are doing it at those advanced calendar ages. I keep referring to calendar age because as we’ve seen before, you know the old adage, “You’re as young as you feel”?

Clearly, those folks, the 70’s, the 80’s, and the 90 year-olds that I hear about that are having fun with this; on the inside they’re young. They’re having fun. They’re enjoying this. They’re using it as an opportunity to learn and connect.

On the other side of it, yeah, I know some folks who are in their 30’s and 40’s or younger even, who on the inside, they’re ancient. I mean, they just aren’t interested in understanding or taking advantage of what’s right in front of them. They feel that they can’t for whatever reason.

That’s old.

That’s the folks that really, like I said, in a way, make me sad because they’re missing out on so much of what could be – the opportunities that are right there in front of them.

Ultimately, like I said with the title of this, you’re never too old and I never want you to feel like you’re too old. Not by any calendar definition. Yeah,
there are lots of things that can get in the way of technology working, I get that, but that has nothing to do with your age. It has everything to do with, well actually the technology and whether or not it works, not whether or not you can get your brain around it. You can.

There's plenty of examples, like I said, of folks who are doing exactly that. So what I really want for you is to not feel intimidated because you think you're “too old”. You're not. The number of years that you happen to have been on the planet, I really consider pretty irrelevant.

I think it’s awesome if you’ve got a lot of them behind you just because that’s pretty significant, but it has nothing to do, in my mind, whether or not you should feel like you’re capable or incapable of doing something with technology. It’s one of the reasons I’m here.

I’m trying to convince you that you can do it, because I know you can; I see it all of the time. Yep, I see it from people who are convince that they can’t, and you know what, 99 times out of a 100, they are absolutely wrong. They convinced themselves, because they feel that at their age they shouldn’t be able to; they’re wrong. They can. They do and if they give themselves a chance, they have a great time with it and move on.

I hear from people that make that leap all of the time, and like I said, it’s pretty rewarding. It’s one of the reasons that I do what I do and it’s one of the things that really makes what I do a lot of fun.

To be honest, the times I’ve been touched the deepest have been by the emails that I’ve gotten from folks literally in their 80’s and 90’s like I mentioned before who have said, yep, you made the difference. You helped me connect; you helped me solve a problem.
That's just wonderful. That really, really makes what I do worthwhile and like I said, is why I do it.

You know, I may get old on the outside. In fact, I hope I do, I hope this body lasts a long time and is around for many years to come, but what I really hope is that on the inside, I'll be a kid forever. Me being amazed and wondered at all of the technology around us, that's me – a kid in the candy store. I'm having fun with this stuff.

Remember my phrase that I use from time-to-time:

*I want to replace the frustration that you feel with the amazement and wonder that I feel every day.*

I feel it every day! It's fun. It's stuff that I want to share with you, and I want you to share in that amazement and wonder as well. I know things can get frustrating but it's typically not you, it's all about the technology itself.

That's why answers can often help move you along. It's not your fault. Things should be easier for everyone regardless of their age. As I look around, I really want everyone, you, me, everyone to be able to participate in all of this that this current technology has brought to us. It really can add a tremendous amount to your life. Imagine the amount of connectedness you can have with other people when you've got the technology in front of you to do that. I'm connected with people on the other side of the planet on a regular basis – something that we never would have thought of years ago.

People are connecting with their families in disparate regions. Shut-ins are no longer because they have this window to the world sitting on their desk. There are just so many opportunities that I'm really, really sad when people think they're too old to take advantage of it when in fact, if you've reached an
advanced age and you have perhaps some other issues preventing you from participating more fully in life, guess what?

The laptop on your desk, the desktop computer, whatever, it’s a window into a larger world that I really, really want you all to be able to partake in. So, that’s my lesson today; that’s my message today.

Please don’t think of yourself as too old. You’re not.

Whenever I talk about age and age-related issues with respect to technology, I always envision somebody at the other end of this watching my video or reading my articles saying, “Well, you just wait until you get older.”

You know what, on the outside, I’ll get older. On the inside, I hope I never do because it’s that inner wonder, that inner interest, that inner ability to say, “You know what, let’s learn something new today that not only keeps me interested and keeps things fun but it’s part of what I expect will help keep me young and keep me vibrant on the inside no matter what happens to this shell on the outside.”

I hope the same for you; I really want you to feel like you are capable of doing anything you want to with the technology you have in front of you, because you know what, you are. Anyway, thanks for watching. I’m Leo Notenboom for askleo.com. You know the drill; if you’re watching this anywhere but askleo.com, go there. Here’s the link to the page that has this video embedded on it along with our moderated comments.

Let me know what you think. Age is a touchy issue for a lot of people, and I really am interested in your perspective on what it is you do to stay young. I think that technology can play a very big role in staying young except of
course when people kind of throw it out by thinking that they are already too old, which just isn't the case.

Anyway, let me know what you think. Until next week, Leo Notenboom, askleo.com. Take care.