

A List Changed My Life!

SUSAN CROSS MADE AN INSPIRING LIST OF THE 40 GOALS SHE WANTED TO ACHIEVE BEFORE SHE TURNED 40



A midlife crisis typically might lead someone to buy a new sports car, but for writer and actress **Susan Cross**, turning 36 led to a realization that she immediately needed to start living the life she'd always dreamed of. So she drew up a list of 40 things she wanted to achieve before she turned 40, and she acted on it. Among

her goals: "Take someone I admire to lunch." That led to a meeting with Nancy Alspaugh-Jackson, executive director of Autism Care and Treatment Today.

"I had written 'Become involved with a cause I believe in' and 'Run a 5K' – both of which I did through ACT Today," Susan explains to *OK!*. "It began a domino effect. Once I crossed one goal off, three new opportunities just magically appeared."

Becoming involved with ACT Today led to Susan's friendship with *Dancing With the Stars* host **Tom Bergeron**, who was the recipient of

the ACTivist of the year award given out this past month. "I got to write and produce a video tribute for Tom to present to him at the Denim & Diamonds event," says Susan. "He was responsible for raising hundreds of thousands of dollars for children with autism."

As for Susan, she's getting more out of life and has written a book about it: *40 by 40: List It, Live It, Love Your Life*. "I could not believe how drastically my life changed, how it just opened up the world to me," Susan explains to *OK!*. "I hope for other people hearing this, a lightbulb might go off and they give themselves that ticket to living their full best lives."

'I ONLY WISH I'D DONE IT SOONER!'



"Tom is so giving," says Susan. "He's exactly how he seems."

Learn more at 40by40.org and secretsofasuburbansoccermom.blogspot.com

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Patent Pending.

...Reese Witherspoon at the afterparty for Jason Aldean's concert in L.A....

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