



Solution Oriented
Creative Coaching©

Monthly Newsletter May 2010
dena@mysolutioncounselling.com

FOLLOW YOUR DREAMS

Passion is spirit jolting, life infusing. It's the fearless, urgent, one-on-one connection between you and a thing, an idea, a talent, or another person. Surround yourself with people who instead of asking, "Why?" are quick to say, "Why Not?" That attitude is contagious. It carries an energy that fills you up and makes you want to reach a little higher. It's a space that Emily Dickinson must have found when she said, "I dwell in possibility." Does what you are doing feel right? Does it fill you up or leave you drained? Forget what everyone else wants for you. This is not your mother's or your best friend's journey.

There's a song with the refrain:

I've got fire, fire, fire shut up in my bones.

We were all born with this fire, but beginning in childhood, sometimes it gets snuffed out. **Passion** is the log that keeps the fire of purpose blazing. Right now you are one choice away from a new beginning. When you change who you are, you change everything else around you. It's a whole new world. In the instant you draw in breath, you've always feared, you are changed by Live fully.



refocus yourself, and decide to try something just the energy of the attempt. Try anything.

When I was in university I had the pleasure in their "twilight" years and they offered encouragement and wisdom toward the young staff to "Do what you want to do now, don't wait, and especially don't wait until you retire." Those words, "Do it now" have always stuck with me. Often, the reason they suggested to "Do it now" was because they themselves "waited until retirement to begin to live" only to have discovered that they shouldn't have waited because now unforeseen obstacles ultimately prevented them from doing what it was they wanted to do - prevented them from taking that biking trip through France, prevented them from learning Mandarin or traveling around the world. I would like to pass on this wise advice - Do it now.

of working with people who at the time were many amazing stories and much

Every day you make choices that either move you towards or away from your life goals. Your thoughts, feelings, and action steps can turn dreams into reality. A sense of adventure is really about waking up everyday not with a sense of dread but with a sense of possibility.

Many people spend their life waiting to live - waiting until they get the perfect job, waiting to travel to Mexico because they haven't met the partner they want to go with, waiting to enjoy life at some illusive far away distance moment.

Do it now. Life is not a dress rehearsal.