

Reassess Your Life

Spring Forward and Reassess Your Life: Brought to you by the Aurora EAP



It is rarely too late to become the person you've always wanted to be. You possess a unique combination of gifts, some already realized and some as yet untapped. Rewriting your life simply means reassessing your strengths and preferences, and putting them to work for you in a new and fulfilling way.

How would you like to rewrite your life script? Here are some attitudinal shifts that will help you begin to explore a more fulfilling future:

- Permit yourself to be a beginner. Accept that as you explore new possibilities you will have many stops and starts. Rather than measuring your progress, adapt an attitude of curiosity.

- Understand that it is normal to feel anxious about making a change. Some of what you will experience as fear, however, is probably excitement. Fear and anticipation create the same physiological responses in us, and it is often hard to distinguish one from the other.
- Recognize the benefits of already having some life experience. Your past will allow you to better appreciate your future, and will put your new life into a more realistic context.

Now take all the time you need to answer the following questions:

- What aspects of your current job &/or life circumstance do you enjoy?
- What would others say you do naturally and well?
- What do you love doing in your free time?
- What cause(s) do you feel strongly about?
- How would you like to be remembered?
- Which life accomplishments (starting with early childhood) have meant the most to you?
- What would you choose to do if you were not concerned about money and time?

As you answer these questions and adjust your attitude, new possibilities will begin to emerge. Deciding to make your new life as satisfying as possible may seem self-indulgent. The paradox is that by doing so, you will have much more to give to others around you.