

# a new you

## RE-INVENTION KEEPS COMPANIES FRESH – IT WORKS FOR CEOs TOO.

We are constantly changing as we experience our world. The question becomes, are we aware of these changes in attitudes, needs, beliefs and desires? What we may want at the age of 20 may be very different than what we want at 30, 40 or 60. Our lives move so fast that we may have already outgrown ourselves before recognizing that we are anchored in our past. We begin to feel uncomfortable, anxious, sometimes disillusioned with our lives. But our world tells us that we should be happy with what we have, that we shouldn't "rock the boat." So we deny that funny feeling in our gut and keep working at whatever it is that we should. And we grow unhappy, until we can't even stand to be with ourselves, let alone with anyone else. We attribute this unhappiness to the circumstances outside of ourselves, whether it is our marriage, our job or something else. If we are lucky, something will intervene in our lives to show us that there really is a need for things to shift for us to be happy. It shows us that it is time we re-invent ourselves, on purpose, for we are already in the blueprint stage but have not yet become aware of it ourselves.

If you are noticing there is unexplainable sadness in your day or if getting up in the morning is a struggle or if you are no longer finding satisfaction with your job, career or relationships, this may be a sign that a shift is underway. Take a closer look:

### 1. FIND TIME TO BE STILL

I mean still, not quietly reading a newspaper, but still in your mind and actions. Meditation is a great means to calm your mind and it is relatively easy to do. If you find you can't sit still that long, go find some water, a lake, river or ocean, and listen to the

sound of the water against the shore. We live in a beautiful area here at the Chesapeake Bay. Take advantage of your surroundings. Listen with your heart. What is it telling you?

### 2. PAY ATTENTION

As you go through your day, notice how you feel, what it is you may feel is missing or not available to you any longer. Look not only for the emptiness, but pay attention to those people, events, places or things which make you smile or relax. These are clues to what makes you happy.

### 3. GIVE YOURSELF PERMISSION

Permission to let go of those patterns which no longer serve you, permission to do things completely radical (for you), permission to be with whatever or whoever makes you happy. When we have measured our happiness by one standard, it becomes difficult to create a new standard if we are still holding on to the old one. Don't feel guilty about getting what you want just because it wasn't what you wanted before or what you thought you should want.

### 4. ELIMINATE WHAT DRAINS YOU OF ENERGY

Really look at where your energy is going. If you are tolerating something in your life which no longer serves you, it is time to put it away. Like cleaning out your closets; you throw away clothes you haven't worn for years or are out of style to make room for the new stuff.

### 5. ENJOY THE NEW YOU

What you may find is that there is no

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"new" you, but the memory of who you are authentically has now returned. You will be more comfortable and happy if you are living by your own values than if you are living by someone else's. The world will open up to you differently than before. You will feel more alive and engaged. One note: know that the old patterns will try to re-assert themselves when you meet an obstacle. It will be the familiar place to go, but not the right place any longer. Begin to create new life and work structures and relationships that can support your transition to a new, more integrated, way of being.

In nature, the fall and winter are times for hibernation. Now is a good time to reflect on your intentions for 2005. You may find that it is time for you to re-invent yourself in ways that reflect more experience, greater wisdom or pragmatic changes in your life or career. Be sure to create the time and quiet space during the hectic holiday season to let go of the old, so the rejuvenated and inspired you can emerge!

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