

# THE JOURNEY BEGINS

## My Story: In Search of the Beauty

I started my journey toward my dream life in 1992. If you had asked me then, I would not have been able to clearly articulate what I wanted. The only thing I knew for certain was that there had to be something more to life than just working, eating and sleeping.

I was not in a dead-end job. Actually most people would have said I was successful. I had worked my way up the corporate ladder through accounting and finance departments in multimedia companies.

While I loved a lot of what I was doing, somehow I found myself wondering if this was “all there was.”

I knew I needed more. I had so much to contribute, but my skills and passions were not being used well. I wanted to invest myself in a pursuit that made good use of my time and left me feeling fulfilled. I wanted to know I was making a contribution that mattered in the world.

I decided to make a change. My goal was to piece together the parts of what I loved to do and use them in a single career. My journey led me around the world, through 7 continents, 21 countries, 22 states, 7 careers (accounting, hiking guide, travel writer, jewelry designer, finance, entrepreneur and professional coach), 4 apartments, a house, a home, a husband and 2 children.

While I had many fabulous and fascinating experiences, some of the steps along my path seemed anything but glorious when I was taking them.

My hope is that you do not have to move through your transition in the convoluted way I did. My intention is to help you minimize your “less than glorious” experiences and shorten your own discovery process.

This book is born of my experience, my personal journey, my learning, my triumph over discouragement and disappointment, my willingness to find support, be supported and be self-loving, my commitment to have what I want in my life, my willingness to have faith in myself and the process, and my ability to find gratitude and joy in each and every day.

My desire is to help you do the same.

## **What to Expect**

As you read this book, you will be creating your own design for your life, which will become a written record of your vision. It defines the necessary elements of your lifescape as well as what it will take to bring them to full blossom.

There are so many things a fulfilling life can contain. For some, home and family will rank high. For others, a career will take priority. Still others will want to find a balance or a life that transitions from one focus to another as time goes on. Working your way through this process now will help you decide on the proportions of each that is the right mix for you, and how they interplay with each other.

While creating your lifescape, you will:

- Connect with your vision, purpose and passion.
- Define your ideal environment.
- Discover your personality.
- Identify your strengths and align your activities with your natural aptitude.
- Determine what support you need and where you'll get it.
- Discover your dream and establish a long-term plan to secure it.

- Enhance your skills and overcome your weaknesses.
- Increase your opportunities through effective self-promotion.
- Empower yourself with clear communication.
- Learn to leverage your resources to achieve your goals more rapidly.
- Become the caretaker of your life.
- Design and develop a powerful network.
- Overcome the most common obstacles to success.
- Increase your income quickly and painlessly.
- Make a lasting impression with the people you meet.
- Contribute to your surroundings and make a difference.
- Love your work, while you live your life.

You might be wondering if you're ready for this process. You will know that you are when you start yearning for something more in your life and career, and find yourself wanting to live and work with passion, purpose, gratitude and happiness, wondering about the possibilities that lie ahead.

This is the time to plant both feet on the road to success.

### **Embrace a Success Perspective**

This process was designed to help you find the success you have always dreamed of having in both work and play. It takes a special perspective to explore something new.

My suggestion is to try everything this book offers. If something doesn't apply to you or your life, you can change your approach at the end but, for now, let the process guide you as you explore your options.

The activities that make up a satisfying life are all equally referred to as "work" within this book, because a perfect life doesn't just happen on its own. So don't feel anxious if the answers you are finding for yourself during this journey are related to your personal life when asked about the work you want to be doing. Those questions apply equally to both home and business life.

## **Willingness**

Your willingness is a key component of this process. It dictates how you will behave when faced with different possibilities. You can choose to try new ideas or you can choose not to.

It's imperative to approach this journey with a willingness to experience new thoughts, actions and people. You must be willing to suspend your current beliefs and be open to the opportunities and changes that show up in your life.

## **Positive Attitude**

A positive attitude can attract exactly what you desire in your career and life. Have you heard the old saying, "You can catch more flies with honey?" Think of honey as a positive attitude.

Develop a positive attitude and I assure you that you will find more opportunities than you ever imagined. In some cases, it's because you will finally see what's been there all along and, in others, you will be presented with more opportunities because people are naturally attracted to those who exude positivity.

There's another familiar saying that states, "When you smile, the whole world smiles with you." Opportunities will be easier to create and attract when you present the world with your smiling face and positive attitude.

## **Focus**

Maintaining focus on your goal is imperative. Throughout this process, you must keep an eye on your dreams. Remaining focused on what you want allows you to clearly express your desires and attract opportunities. Staying focused reveals your fears to you and alerts you to things that might stop you from reaching your goal.

Through the practice of maintaining focus you will increase your ability to notice when you veer off the path you've defined, which improves your odds of getting back on track.

## **Fun**

Remember to have fun while you're on this journey! You want to be sure to enjoy the process as much as achieving the goal.

Playfulness is as attractive as a positive attitude and enjoying yourself can be a sign that you're moving toward a life you love.

Be willing to step outside of the cookie-cutter image of success that you were raised with. Take notice of those activities you enjoy. Look at your life and determine where fun is present and where it is lacking. Be willing to be playful throughout this discovery process.

### **The Journey Begins**

As we get started, I want to tell you a secret. While you might think you are on a journey to find that perfect life, you are actually on a journey to find yourself. I hope you're enthralled by what you discover!