

The Road To Self Discovery

By Bonnie Michaels

Live Your Dreams! Live Each Day fully. Live in the Moment. These are powerful words to help you reach your dreams.

The road to uncovering and living your dreams is filled with discoveries .How can you use those discoveries to give you a better understanding of yourself and motivate you to get to the next place in your ideal life?

For example, when was the last time you took off some serious time to reflect? When we have time to reflect, we make discoveries about ourselves. Several years ago, I was burned out and needed time off to redirect my personal and professional life. I pulled the plug on my entire life for one year. With one suitcase, a budget, a round the world ticket (and my husband) I set out to find myself again. This was a big risk but worth every effort it took to accomplish my need for renewal. The process of cutting the ties from my everyday life was an opportunity to go within to learn more about my inner longings and clarify my next steps professionally and personally. This experience resulted in fulfilling many life-long dreams and unexpected lifestyle changes.

On my year's journey I had time to wander, explore, learn about other cultures and, most importantly, learn about myself. What are my strengths, weaknesses? What am I passionate about? How do I want to live out the rest of my life? What is important?

There is a lot to be said for time off. Our days are filled with so many activities and responsibilities that it is hard to empty the mind and allow for daydreaming.

What Can You Do?

- Start by making small changes in your daily life
- Set aside time to do nothing. As thoughts come to you, be aware of them. What do they mean? Write them down later.
- Have a little adventure. Don't plan; just get off the beaten track. Find new pathways and see what happens.
- Try something that is hard.
- Volunteer for something that is difficult.
- Be a kid again. Think about your childhood. Be sill and carefree.
- Stretch yourself out of the comfort zone. Stretch yourself physically, emotionally, spiritually
- There isn't anything at which you can fail. It is simply an opportunity to try something without any judgment of yourself. Without risk taking, there is no growth.

Live Your Dreams! Live Each Day fully. Live in the Moment.

Bonnie Michaels is a founding Life Diva and a nationally-recognized expert on balancing work and family. She is the author of two books on life renewal and has appeared on CNN, The Today Show and Good Morning, Australia. Visit www.bonniemichaels.com for more information.