



Welcome to the December 2017 edition of A C.I.E.A.R. Path™ Forward. This newsletter is written for the friends and clients of Kathy Hart who are navigating transformative changes in their life. Each month you are provided with a monthly question, personal actions for clearing the fog, and a recommended book. Read below for all of Kathy's November Blog postings.

Are You Living a Purpose-Driven Life?

I just got off the phone with the wife of a very dear colleague and friend I knew over 30 years ago. He was one of those mentors who took me under his wing, encouraged my professional growth and development, and introduced me to a wide array of professionals who would later pave my way in the profession.

I learned from his wife that he had been placed in a care facility for patients with dementia. It seemed that when his career ended, so did his life. He didn't look forward to anything, and malaise took over. While probably not the whole reason for his declining memory, it was a significant contributing factor. According to his wife, "He just didn't have a purpose any longer."

Living a purpose-driven life probably doesn't guarantee you won't be burdened with dementia, but not being purpose-driven just have a contributing effect. Here's something to think long and hard about as you enter this holiday season. What drives you forward and gives you a reason to get up in the morning? What makes you excited to greet each new day with renewed energy and enthusiasm?

The antithesis of my colleague's life is that of his wife. She is in her early 80's, has a silk design business that offers her a creative outlet, and is keeping the left side of her brain active by working several days a week as an IT technician building computers. As she shared, "I just have too much I want to do and achieve before I can't." This is a woman living each day purpose-driven, joy-filled and abundantly.

It's your choice - which path do you choose?

Action: Share with me at kathy@clearvisionconsult.com what you are doing to ensure that your life is purpose-driven?

Clearing the Fog - Personal actions to lead a more purpose-driven life:

- **Be Aware of and Write Down the "I want to . . ." Thoughts:** All of us have them; the thought that lingers at the back of your mind, but seems too silly to contemplate. It's the "I want to . . ." be or do something different or unusual. I hear it quite a lot from my clients, "Kathy, is it absurd to want to (fill in the blank) at my age?" or how

about, "Am I being unrealistic to want to (fill in the blank)?" Instead of second guessing yourself, capture the thought and write it down. It's that easy! Just write it down, or type it somewhere. Although, for this first step, putting pen (or pencil) to paper is more definitive.

- **Share Your "I want to . . ." With an Ally:** Pick someone you trust, who will offer you support and guidance. You aren't trying to gain approval, rather to articulate your idea to someone who will give you feedback ideas and thoughts for how to make it a reality. As an example, I am interested in learning to play the guitar. One of the first people I shared this with was a guitar player friend I've known for several years. He gave me some ideas of models to consider, time and money investment, etc. By the time I walked away I had a general plan for how I might proceed.
- **Schedule a First Action:** This is difficult, but to be purpose-driven you have to transform your "I want . . ." to actionable steps of progress. This doesn't mean it is an action you have to take tomorrow or a week from today. Maybe you schedule it out within two to six months or a year. Regardless of the timing, you make it real by putting it into your calendar. For example, I have an idea of the type of guitar I want to purchase initially. I have scheduled a date in Jan 2018, based on my discussions in July 2017, to begin my online research to purchase one. When you schedule a first action you transform an "I want . . ." dream into a real opportunity.

Recommended Reading

The End of Jobs: Money, Meaning and Freedom without the 9-to-5 by Taylor Pearson

If you want to read a book that will challenge your thinking, expand your horizons, and get you to really think about your life in connection with societal changes, then read Taylor Pearson's book. His examples and stories on globalization and the changing economics are fascinating, as are his insights on the differences between job-thinking and entrepreneurial-thinking. The closing chapters on money, freedom, and deriving more meaning out of work really drive home the point that we have only one life to lead. When we are clearer about what we want out of life, take calculated risks, and pursue the road less traveled, there are opportunities that abound for everyone. He ends with a call to action to create personal change and achieve your longer term goals by planning our lives 90 days at a time, complete with templates and supporting materials.

Kathy's Blog Posts from November:

- [The Beckoning of Change](#)
- [Are You Evolving to Fit the Times?](#)
- [Indian Summer Provides Insights into Midlife](#)
- [Support to Navigate Life's Waterways and Channels of Change](#)
- [Do You Exude the Magic Elixir of Youth?](#)
- [Gratitude: Process, Practice and Meaning](#)
- [Pre-Plan to Revitalize for the Holidays](#)
- [Challenge Yourself to Feel Alive, Vibrant and Engaged!](#)

New Arrival -

Be sure to check out Kathy's updated website at www.clearvisionconsult.com

Kathy Hart, Ed.D. has a driving passion for human change and transformation. Her goal is to provide women in midlife transition with the support and resources needed to re-imagine and lead an even more abundant, joy-filled and purpose-driven lives. If you are a woman wanting to reclaim your voice, realize a long-held dream, or just live your life to the fullest, take concrete action by contacting Kathy at kathy@clearvisionconsult.com. The choice is yours!

Services that Kathy offers:

- 1:1 coaching to support the journey into your next life transition, whether work or

personal

- Trusted advisor for women navigating work changes and requiring an expert guide
 - Speaking and workshops on women in midlife transition, human change and transformation
 - Small group work and team development to boost the group's performance
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