



## A Cl.E.A.R. Path Forward™

Welcome to the October 2017 edition of A Cl.E.A.R. Path Forward™. This newsletter is written for the friends and clients of Kathy Hart who are navigating transformative changes in their lives. Each month you are provided with a monthly question, personal actions for clearing the fog, and a recommended book. And in this edition you'll find links below for all of Kathy's September blog postings.

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### How Do You Score on the Choice Aware Gauge?

Women, particularly as we age, get sucked into thinking that because of social constraints, life altering events beyond our control, past decisions, or personal responsibility, we have limited or no choices. Here are some heart-wrenching examples:

- A woman in her late fifties is laid off from her salaried job with little to no advance warning.
- The woman in her mid-sixties, whose life partner has just passed, told by her financial planner she has limited financial resources.
- A daughter in her late forties whose elderly mother is diagnosed with Alzheimer's.

Sad as these are, the reality is we have unlimited choices about how we want to live our lives, even when faced by unforeseen circumstances. And, if you read my April newsletter, you know that you can plan for any of the above unexpected (though not unheard of) life events.

So what is a **Choice Aware Gauge**? It's visual odometer to hold in front of you and assess your mindset regarding how choice aware you feel in the moment. A brief review:

**I Have No Choice:** Those times when you believe others are out to get you, life events happen, and you have no choice in the matter whatsoever. Speed through this quickly, lest you fall into permanent victimhood.

**I React as Best I Can:** You take responsibility for future actions, but believe there was nothing you could have done differently. Praise yourself for taking action, but remind yourself you are operating in a zone of limited choice, and not where you want to remain.

**I Plan and Prepare for the Unexpected:** You are not blindsided by the unexpected, but are not quite, for whatever reason, living your life as purpose-driven and joy-filled as you would wish. Keep moving!

**I Am the Master of My Destiny:** Full speed ahead, you are in charge of where you want to go, have life stretch goals you want to achieve, and are excited and intrigued by what lies ahead.

Many people who have attended my workshops find this gauge very helpful when navigating change. That's terrific, here's what I share: the importance of the numbers is not simply where you are in the moment. The question you should be asking is, "How quickly does it take me to accelerate from 0 to 90, regardless of my life situation?" That acceleration factor is a combination of resiliency multiplied by purposefulness.

**ACTION:** Share with me at [kathy@clearvisionconsult.com](mailto:kathy@clearvisionconsult.com) what you do to increase your acceleration factor.

**Clearing the Fog - Personal actions for increasing your acceleration speed through the choice aware gauge:**

- *Use choice aware language:* How you speak about your life immediately conveys how choice aware you are. Comments like, "I never expected that" or "If only I could . . ." keep you rooted in quadrants one or two. Change your language, change your life! An easy first step - finish the statement "I choose to live my life . . ."
- **Set life stretch goals:** Just as you identify goals for where you want to be in work, do the same for your life. What milestones do you want to achieve in

the next six months, year, three years, etc?

- Focus on the future: Stop dwelling in the past. Eliminate "should have", "could have", and "would have" from your speech. Yes, language again! Certainly learn from the mistakes, but then move on.

**Recommended reading - The Confidence Code: The Science and Art of Self-Assurance. What Women Should Know by Katty Kay and Claire Shipman.** I so enjoyed this book, especially as it's written from a female perspective. The authors define confidence as the basic groundwork for action based on a belief in one's ability to do something or succeed. In the opening chapters they share how women have a decided lack of self-confidence over men. They then explode the myth that confidence is linked to self-esteem (while in the same family, very distinct and different). Self-esteem is how you feel internally, confidence is moving beyond thinking to doing. While their research does shed some light on a genetic trait for confidence, they are quick to point out that anyone can build confidence. Simply put, according to the authors, women need to get outside their comfort zone, experience setbacks, and pick themselves up and continue moving forward. There's a lot more juicy information within the book, and it's worth a thorough read.

**Check out Kathy's Blog Posts from September:**

- [Slow Down and Enjoy the Journey](#)
- [Appreciating Your Own Backyard](#)
- [Planning and Chance Meetings: Enriching Your Life Journey](#)
- [Is there a Switch for your Brain, Like the Outlet Switches in Ireland?](#)
- [Look up -- See What's Right In Front of You](#)
- [Take Shelter During Life's Downpours](#)
- [Enjoy the Show - Take Time to Witness the Swans](#)
- [Reduce the Distractions in Your Life](#)

*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](mailto: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

**Earlier Blog posts:**

- [Gap Years are for the Young at Heart](#)
- [A Gap Year Spent Traveling Abroad](#)