



Welcome to the March 2018 edition of **A C.I.E.A.R. Path Forward®**. This newsletter is written for the friends and clients of Kathy Hart and ClearVision Consulting 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.

Provided at the end are links to **Kathy's February Blog** postings. If you have a topic you are wrestling with, let me know so it can be added and shared with our community.

Are You Living an Abundant Life?

Before you can answer this question, you have to be able to describe what is an abundant life? In researching [Wikipedia](#), they describe it as a fullness of life, based in Christian teachings. They go on to indicate that it has a basis in expectations around health, wealth, and even adverse circumstances.

Putting Wikipedia aside, I believe abundance has to do with a more basic factor: mindset. It's more than being just the half-full, half-empty kind of person. I think of those two as just different ways of analyzing a problem. According to the half-full, we're almost done. Whereas according to the half-empty, we've only just begun. In some instances though, the half-empty individual can start veering into an Eeyore Complex, and then it's just a hop, skip and jump to a scarcity mindset.

So what constitutes an abundance mindset? The belief and mindset that you have enough, whether that's enough money, material possessions, food, time, etc., to live a life that's fulfilling for you. When you are living an abundant life you are living a life that quantifies and compares where you are now, have been in the past, and where you want to be for the future. As my coach Alan Weiss says, "There's always a bigger boat out there." When you live abundantly you stop comparing yourself to:

- Other people and their lifestyles
- Arbitrary measurements set by government or other entities
- Well-meaning qualifiers set by family or friends

Living an abundance life also does not mean that you stop wanting or squelching your desires. Rather, the difference between an abundance and scarcity mindset is how you approach these wants and desires. Do you come from a position of "I can't ever have them" or "I'm unworthy" or a position of "If I want them, I can make it happen." Living life abundantly superimposes the belief that anything is possible, if given the time, energy, and effort.

And finally, living an abundant life requires that you determine what is important to you, and only you, in living a joy-filled life. Let's face it, you can't live a life with the belief that you have enough, until you figure out what that means - for you!! As an example, my desire to live a life that alternates three months abroad with three months in the US throughout the year is a choice my family and I have made. This lifestyle requires sacrifice on our part, but for us it's a dream come true. What is your abundant life? Once you define it, then you can live it!

Action: Share with me at kathy@clearvisionconsult.com how do you define an abundant life?

Clearing the Fog - Personal Actions to Live an Abundant Life:

- **Live in the Present:** *Waxing nostalgic about the past or wanting to continually improve yourself for the future are fine sometimes, but living abundantly means you fully embrace and cherish your life at this very moment. When you live in the present you are attuned to the wonder all around you, the little joys that make life worth living (such as the cat purring beside you), and the surprises that energize and astound you.*
- **Establish a Gratitude Practice:** At the heart of an abundant life is gratitude for what you have. Whether you write these down each day or just list them in your head, take a few moments each day to recognize the gifts you have been given. Gifts that perhaps you take for granted, such as your family, health or life itself. When my husband and I start worrying, often about something trivial, we'll look at each other and say, "That's a first world worry, and not worthy of us." And then we'll share what we're grateful for. Whatever your practice, make it a habit!
- **Live Into Your Dreams:** Living life abundantly not only means that you have dreams, but you also live into them every single day. The 'somedays' and 'whenever's' should be few and far between. Abundance is a belief that you can make your dreams come true, given enough time, energy and effort. Stop waiting for your future; make plans and take action to live those dreams now. There's no time like the present!

Recommended Reading

Every Single Day: Daily Habits to Create Unstoppable Success, Achieve Goals Faster, and Unleash Your Extraordinary Potential by Bradley Charbonneau

Told from a personal perspective, Mr. Charbonneau shares how he turned his dream of writing into an actual reality. He believes in the ESD criteria. If you want to do something, then you need to do something Every Single Day to make it a reality. Considering it took Mr. Charbonneau 20+ years to actually make his dream a reality, there is an underlying belief in the book that each person can make their own dreams a reality. It's an easy read, with some heartfelt ingredients to jumpstart whatever dream you have buried or are clinging to.

Kathy's Blog Posts from February:

- [Celebrate Valentine's Day by Loving Yourself](#)
- [Is Life Calling You to Slow Down or Change Course?](#)
- [Injecting Color into Your Life](#)
- [Spending Your Time on the Right Activities](#)
- [Reach Out to Invite and Embrace the Life You Want](#)

New Arrival - Check out Kathy's newly published white paper, [**A Heroine's Journey: Navigating Midlife Transition**](#). It's available for you until the end of March as a downloadable pdf, without having to complete the sign-up log.

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 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