



Welcome to the April 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 life. Provided below are:

- Provocative question and insights
- Clearing the fog
- Recommended reading
- March blog posts
- New arrival
- Special offer
- Community insights on March question

If you have a topic you are wrestling with, let me know so it can be added and shared with our community.

### **Do You Believe In a Resurrected Life?**

The recent Christian celebration of Easter inspired the question above. However, whereas the Christian holiday celebrates Jesus' resurrection from the dead, I am asking the question from a very much here on earth, living in the present point of view. Let me put it another way, do you believe that you have the ability to change and transform your current life? Can you eschew past beliefs, mindsets, and responsibilities, to resurrect a life you may have only dreamed about? Can you, like the proverbial phoenix, rise above the ashes of your past to live into the life you really want?

As you ponder your answer, my belief is that there are three different approaches for people answering this question.

- The first group will answer affirmatively, and are indeed living the life they have always dreamed about. They may have struggled to attain this life, surmounting obstacles and challenges placed in their way, but they can honestly say, "Yes, I believe in a resurrected life. I am living proof that living a dream life is achievable." Yours truly very much fits into this category. Having had a variety of different careers and multi-faceted responsibilities, I am indeed living a resurrected life. One that has changed substantially over the years, but that keeps advancing the bar to live my dream. And by the way, those dreams can and do change over time.
- The second group will also answer affirmatively, but with hesitation. For you see, while they believe in a resurrected life, they just know deep in their gut that they're not there and haven't taken concrete action to achieve it. They're not living life to its fullest, but hope to someday. Of course you know what they say about someday; it

never comes. Because someday always vanishes and it's TODAY! These are people who, deep in their gut, know what it would take to live a resurrected life. They're clear what steps they would need to take; it's just finding the wherewithal to make it happen.

- And then of course, there's group three. They are living lives of quiet desperation. Taking each day at a time, not happy in their current life, but not quite sure what a resurrected life even looks like. The dreams and passions they experienced so many years ago have been deeply buried and hidden, or long ago forgotten.

My sincere hope is that your answer to the question is a resounding YES, and can speak from a first-person perspective having experienced this transformation and achievement.

If you are in the second group, don't waste another minute. DO something today to make your resurrected life possible. Forget the grandiose gesture; just take one small action so that when you go to bed tonight, you can say, "I have started my journey to resurrect the life I've been dreaming about."

And for those of you in the third group, it's going to take a little more effort. Maybe it starts with writing in a journal, taking some quiet time to reflect on what your dream life could look like, or maybe it's having a deep conversation with a friend or supporter to share your deepest longings. Whatever the effort, make this a top priority. This is not a dress rehearsal life. You have only one life to live, and it should be the dream life you want. Not one dictated to by parents, partners, children, circumstances, or any of a myriad of other hurdles. You have the opportunity to live a resurrected life, one that's abundant, joy-filled and purpose-driven. Start your journey TODAY!

**Action:** Share with me at [kathy@clearvisionconsult.com](mailto:kathy@clearvisionconsult.com) how you are living a resurrected life.

### Clearing the Fog - Personal Actions to Live a Life Resurrected:

- **Awaken the Dream in You:** Start by recognizing what your dream life is. It's there, perhaps buried, in your innermost sanctum. That place where you don't usually probe, but with reflection becomes readily apparent. As one client shared, "You know I haven't shared this with a soul," and what followed was her dream of having an electronic party business. If you can't name anything, start with a blank sheet and just write ideas that come to mind. If writing isn't your thing, then try finding pictures in magazines that capture your attention (often referred to as a visualization board).
- **Write Your Dreams Down:** At this stage you want to clear your dream out of your head. Start to make it real by writing it down. If you're just brainstorming ideas, then use your computer. Once you're more concrete, put pen to paper to physically write down your dreams. This becomes a kinetic aspect, brain alignment, and visual reminder to propel you forward. Stories abound of people who wrote down what they wanted, and then moved on. A year later, when they found what they had written, it had already been manifested. How cool is that?
- **Set Specific Goals:** If you're ready to tackle the next step, identify goals you can easily achieve in the next three, six and 12 months. These aren't lofty projections, but some specific activities that would propel you forward. An example might be to identify a support team (three months), research (six months), draft a plan for attainability (12 months).

### Recommended Reading

**The Dip: A Little Book that Teaches You When to Quit (and When To Stick) by Seth Godin**

Short but powerful is my summation for this book. I was highly energized after reading, partly because I realized I was in the dip described by Mr. Godin. And what's the dip you might ask? It's when you feel like it's an upward climb to gain traction towards your chosen strategy/focus. Perhaps it's becoming an entrepreneur, making your dream a reality. We all experience these dip moments, yet it's grit and determination that propels the successful ones forward. And yes, according to the author, you may need to change up tactics, leverage activities, and re-frame how you are approaching the problem, but persevere you must. He also makes the case for knowing when to say no, when to start certain tactics and try something different. The point is to pursue the strategy, but be okay with jettisoning what's standing in your way.

### March Blog Posts:

- [Choose Laughter over Fear and Indecision](#)
- [Are You Living Your Life to the Fullest?](#)
- [Transitions and Community Support](#)
- [Do Your Dreams Feel Like Tilting at Windmills?](#)
- [Design and Leverage Your Time to Realize Your Dreams](#)
- [Re-Branding: Treasuring Your Past and Reinventing Your Future](#)

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

**Special Offer** My coach and mentor Alan Weiss has written a book entitled, **Three Score and More: Applying the Assets of Maturity, Wisdom, and Experience for Personal and Professional Success**. He is offering a special [DEAL](#) for those who pre-purchase copies of the book by Sunday, April 8. This is a not to be missed opportunity, so take action NOW!

**Community Insights on the March Newsletter** - March's newsletter question was Are You Living an Abundant Life? Here is a response shared by Allison Bliss:

An abundant life for me is:

- Having time to spend with friends,
- Experiencing new and interesting things and places,
- Having enough steady income from clients whom I admire and who appreciate my work/ideas,
- Having money in the bank to cover 6-12 months so I feel secure.
- Staying healthy so I can enjoy all that I love to do,
- Travel when I feel like it and visiting family, on occasion.

While a marketing coach and consultant by trade, Allison offers a great opportunity to tap into your dreams and desires, personal or business, through her [Walks With Bliss](#). If you're in the Oakland, CA area, check out this opportunity.

*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](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

ClearVision Consulting, Inc, 1501 8th Street, Alameda, CA 94501

[SafeUnsubscribe™ {recipient's email}](#)

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by [info@clearvisionconsult.com](mailto:info@clearvisionconsult.com) in collaboration with

**Constant Contact** 

Try it free today