



Welcome to the June 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**
- **May blog posts**
- **New arrival**

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

Are You Using Your History to Settle or for Momentum?

This summer my husband and I are taking a walk down memory lane. We've decided to stop hauling around the many boxes of pictures, scrapbooks, and memorabilia. Our goal is to digitize all of the relevant information and discard the remainder.

We're not just talking our 18 years of marriage, but all the years leading up to the marriage and before. We both had proud, supportive parents, which translates to boxes of childhood photos, Boy Scout badges, swimming medals, graduation paraphernalia, and reams of papers written in high school and college. It's one of the most daunting exercises I've undertaken in quite some time.

There is a sense of cleansing as we wade through the artifacts. So far we've unloaded three bags full of recyclable paper, and we're just getting started. I look at these bundles and smile at the weight being lifted from my shoulders. No longer do I need to drag this chain of "stuff" around to the next house. Shelves and storage areas are looking organized as opposed to overflowing and unmanageable.

For the historian (former history major) and organization neat freak in me, it's thrilling to have all the photos categorized according to year and activity. They are neatly stored in the computer, available to access when and if my heart desires. Yet they are also out of sight and not encroaching upon the present or impeding movement forward.

The greatest gift of all? I have the chance to relive my youth and adult years. I can reminisce about good and bad times growing up, and marvel at the woman I've become. An understanding dawns on who I've become, and what truly makes me tick. I can

remember thoughts of negative body image, but see in the photos a pretty, awkward teenager who was experiencing puberty like everyone else.

During this process I've learned that the importance I put on the past has faded. Our future is connected to the past, but should not be stymied by it. Whatever you want to do or become is possible; the only challenges are limiting beliefs. Personal history is a testament of our past, not what defines us going forward. Rather, our history should propel us toward the future. It represents the springboard that grounds us, but also launches us further than we ever imagined possible.

Action: Share with me at kathy@clearvisionconsult.com how you have acknowledged your history, and then used it as a springboard to propel you forward.

Clearing the Fog - Personal actions to eliminate or reduce limiting beliefs:

- **Review Your History:** *Take the opportunity to periodically examine your past. Use both a forgiving lens, as well as critical thinking when you walk down memory lane. What was happening at the time that shaped who you are today? Are there aspects that you now realize don't apply to you or you don't want to carry around?*
- **Discard Outdated Historical Artifacts:** *Purge yourself of both physical and mental artifacts that no longer serve you. If you need to digitize material, find a local service that will take those boxes of pictures and create electronic files. Don't just store them away, discard those that don't serve you. Keep only what brings you joy and acknowledge if there is baggage you need to discard - literally or metaphorically.*
- **Ask for Support:** *As with any enormous project, enlist the aid and support of others. Don't try tackling this all alone. Ask friends to help you sort. Share with others what you've learned about yourself or the good times shared with them. Take the opportunity to share photos or special insights with those who have been part of your past. Some may be current friends while others may be firmly part of your past.*

Recommended Reading

Stop Worrying and Start Living: Conquer Negative Thinking, Declutter Your Mind, Relieve Stress and Anxiety, and Lead a Happy and Successful Life by Pollux Andrews

This is the type of book you can sit down and read in one or two sittings. And, while a quick read, the author shares some excellent insights and actions to reduce your overall stress level. I appreciated his view that we are our own worst enemies when it comes to stress and being energized. People get stuck thinking it's other people, society, the government -- someone else is always to blame for their stress and world outlook. He cuts through that façade quickly, and challenges people to take concrete actions for moving forward. Like any self help book, it's pointless unless you are up for the challenge. But if you are, put this one on your summer reading list.

May Blog Posts:

- [Are You Looking for the Rainbows In Your Life?](#)
- [Does it Feel Like the World's Crashing Down Upon You?](#)
- [How Are You Embarking Upon the Great Unknown?](#)

New Arrival [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.

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