

Harmonica Phil

Description

It's never too late to be what you might have been. • -George Eliot

I've had a magnet on my fridge for years with the quote above. I love it and I preach that sentiment often to folks who come to me with regrets having never pursued something. I'm a sucker for a good story of a person in their 90s or older walking across a stage in cap & gown.

Last month, I found myself in Hartford, CT, at a cozy southern restaurant called Black-Eyed Sally's. (Shout out to my girl Sharon who suggested it for our long-awaited meet up!) It was a Thursday, and on Thursday evenings, Black-Eyed Sally's hosts an open mic Blues night where local musicians can come together and riff. The atmosphere was super chill, and as a lover of live music, I was in heaven. Among the talented musicians, one person stood out to me • Phil. His story inspired me and I knew I had to share it with y'all.

About an hour into the open mic, an older couple walked into the restaurant and sat right in front of us. They looked to be in their 80s or older. I could see the gentleman tapping his foot to all of the songs, clearly enjoying the music. After a few songs, he got up to join the rest of the musicians on stage and introduced himself as Phil. He pulled out his harmonica and played, and sang, with a ton of passion. After one of the songs, another musician walked past his wife and said • He is really great! • She replied, • Thank you! He was so nervous. He hasn't been on stage in over 60 years! •

My jaw dropped! She went on to tell him that Phil used to play in college but hasn't played since, and he just recently realized that playing music was something missing from his life. I felt so proud of cute Phil at that moment for putting himself out there and getting up on that stage. I watched Phil playing music, singing, up on stage, in his element, exuding pure joy and passion.

Phil's story is a powerful reminder that it's never too late to rekindle a passion or pursue a dream. It made me think about my own dreams and the things I might be putting off or have forgotten about.

As we think about Phil and his journey back to the stage, I want to encourage each of you to reflect on your own dreams and passions.

- 1. What is something you have always wanted to do or try, but haven't yet?**
- 2. What passions or hobbies have you set aside over the years that you might want to revisit?**
- 3. What is currently getting in your way of pursuing these dreams or passions?**
- 4. How can you take the first step towards rediscovering a forgotten passion or starting a new adventure?**
- 5. Who can support you in this journey? How can you enlist their help?**

Take a moment to think about your answers to these questions. Sometimes, the first step is simply acknowledging what we truly want. Like Phil, you might find that the things you set aside years ago are

the very things that can bring you joy and fulfillment today.

Letâ??s make a commitment to ourselves to explore these dreams and passions. And if you want a little guidance while exploring, reach out! I am here for yâ??all every step of the way! And remember, itâ??s never too late to chase a dream or rediscover something that brings us happiness.

Category

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