

Day 1

Description

Six years ago, I said "one day"; Today, I say "Day 1".

I'm repurposing that thought from something I heard Pitbull say in an interview. Yes, that [Pitbull](#). Folks don't have to be ancient philosophers to speak wisdom to my life! I take it wherever I can find it- and I think we can find wisdom all around us. His quote went on to say something about changing the meaning of fear to be an acronym for Face Everything And Rise! I loved that too.

It's not *fear -or- courage*, it's *fear -and- courage*. (Those words were not from Pitbull.)

Six years ago started my journey to today. My **Day 1**. Friday was my last day with the organization and movements that were my community for the past 5 years. Why? Because 6 years ago I had a dream to be my own boss in my 40s. And today is my Day 1 with this new boss. (So far she seems ok!) The truth is, I'm terrified about the blank slate in front of me; but I'm facing it, and rising up. Thank you, Mr. Pitbull.

One of the most valuable skills I've learned in the HR side of my career is to dig into the "why" of an issue, at least five levels deep, to discover what's truly going on. So, here are my five "whys", based on common questions I've received.

Why would I leave such a great job? Because each chapter of my life counts. I had five great years, and now I'm closing that chapter and starting anew. This is the literal *story* of my life. I want it to be a real page turner!

Why does this chapter have to end now? If not now, when? This is my "second life"; (a concept I have spoken to many others about) and I am putting action to my words. Confucius said (there it is), "Every [hu]man has two lives, and the second starts when [they] realize [they] have just one." In my life I have suffered the pain of losing many people close to me through unexpected or sudden death. At age 25 I became painfully and acutely aware of the fragility of life, and thus began my journey to discover and uncover my dreams. By 35 I set a goal to make those dreams a reality. During downtime isolated due to the COVID-19 pandemic, I began to put an action plan in place to realize that goal.

Why is this my dream? I have spent the past 15 years trying to discern how best to use the gifts I have been given, and those I've worked hard to obtain, to serve my fellow humans. And I can feel in my bones this is the answer for me to serve through coaching, consulting, sharing my story, and championing for others; to help folks chase and realize *their* deepest dreams- those they may be too scared to share out loud.

Why is this so important to me? I have lived so much of my life silently battling insecurity, fear, and anxiety. In my adult life, I have done everything in my power to make bold choices and prove to myself that *I am driving and directing my life*, rather than allowing it to be directed by my anxiety disorder. Having a corporate job- sitting behind a desk- it doesn't serve me. To live my life the way I am meant to, I have done a lot of work to discover what best serves me and the world around me. I've asked myself, *When do I feel most whole, most grateful, most fulfilled?* The answer to this query is simple; I feel most complete, at peace, and filled with joy and gratitude when I am traveling the world, connecting with strangers (who become friends), and sharing my gifts with them in a way that enhances their life journeys.

Why was that my answer? Because this is my mission- my vocation. I refuse to live my one life on auto-pilot. And I hope others won't either. Life is to be ***lived***. Now is the time for me to **Face E**verything **A**nd **R**ise, to live my greatest adventure yet.

Are you ready to join me?



Category

1. Career

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