

What will you do/be next? (Part 4) 05/23/2007

In my most recent newsletters I've talked about the fact that even if you're great at living each moment with gratitude and in line with your values, big questions live in your soul, inviting your attention and focus—especially after a couple of decades of living as a grown-up.

This spring, with the help of my clients, I'm thinking about five of the biggest questions and how they may relate to "what you do next." Here's Question #4: "Is it time for a second act?"

The first round of career decisions we all made was a few years ago—maybe even a few decades ago.

My first real job was as a seventeen year-old assistant to a bunch of battle-hardened public health nurses who served the skid-row neighborhood of Portland, Oregon. After long mornings of visiting and treating homeless men with tuberculosis, alcoholism and "venereal diseases," they'd walk up the stairs to our ancient office, drop their notes on my desk and growl, "Come on kid. Let's go have lunch." That's where my education as a coach, mentor and counselor began, as I leaned over formica table tops in the coffee shop downstairs to soak up their stories and their attention.

There's been a second and a third act for me since then, but I can trace the line of my growth and convictions all the way back to that sweet/crusty bunch of originals. Even so, each new act was a major transition that required focus and support.

You've got your own versions of this story. Try writing down parts of it and pay attention to how you feel about what you're doing now.

1. who paid attention to you?
2. what were the setbacks you learned from?
3. how did you get clear about your gifts, temperament and abilities?when did you know you were moving (or being moved) into your "next act?"
4. where are you in relationship to a transition now? In one? Just finished one? Do you see one approaching?

If the question of a second or third act strikes a chord with you, call me for a free initial consultation.

I'll be back in touch with question #5 in a couple of weeks.