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To Be or To Do -- That Is The Question

By Miami Phillips

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A reader wrote me this week saying she was lost, confused and was having difficulty finding out what she wanted to do with her life. Another similar email came the very next day. There seems to be a huge groundswell of people asking the same question... "What do I do with my life?"

I would ask you this question...What would you BE in your life?

Somehow, someday, you have to BE you first, then you DO what you love.

To BE who you are sounds very simple, but it is not. All of us are programmed from a very early age to DO something so we can BE somebody. We learned that certain professions mean success, and others are not. Go to school! BE a lawyer, a doctor, or whatever it was in your town. We learned that money meant you could BE someone. After all, how could you BE someone unless you had a nice house, a nice car and belonged to the right crowds?

To BE your Self requires action on our parts to ensure the outside influences stay on the outside. Being your Self means searching deep within to define what is most important to you (your values), and then consciously making every choice available based on those values. With time, we cannot help but BE who we are! Being who you are brings a confidence and helps to understand that where you are now is good. You realize a comfort in knowing there is no struggle to DO something so you can BE somebody.

In other words, being your Self releases you from the pressure of having to BE someone else!

The big question then is: How do I know what I love to do?

What did you love to do as a child? What are your hobbies? What do you dream about? What did you dream about doing as a kid? What would you do even if you did not get paid for it? Answer these questions. Ask your family to help you. Search within your Self for the answer.

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Do not hurry. There is plenty of time. Consciously work on being yourself every minute. Become comfortable with that and let others become comfortable with you. Allow the Universe to guide you. Ask for help. It doesn't hurt! Then look for opportunities and answers.

I think you will find that the answers you seek are right in front of you!

Miami Phillips is an ANSIR Certified Personal Coach who believes personal growth is an essential ingredient to being happy and contributing to this world.

The Immediacy of the Child's World

By Susan Dunn

I've written before about this quiz circling the Internet and the answers my six year old friend gave.

One of the questions is "What would be your idea of a fun day?"

What would you put for that? Something in the future? Certain requirements? A special place? Couldn't happen without this person?

The Little One's response was "Today."

Just for your enjoyment, here are some more of her responses ... life seen through the eyes of child. Consider how you would answer these questions, and why. And how much better it might be to get back in touch with life as seen through a child's eyes.

QUESTION

WHAT BOOK ARE YOU READING RIGHT NOW?

RESPONSE

"None"

QUESTION

LIVING ARRANGEMENTS?

RESPONSE

"Mother, Father, Nina (sister), Fluffy (cat) and Max (dog)."

QUESTION

FAVORITE SOUND?

RESPONSE

"Doorbell ringing"

QUESTION

WORST FEELING IN THE WORLD?

RESPONSE

"Bug bite."

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QUESTION

IF YOU COULD HAVE ANY JOB WHAT WOULD IT BE?

RESPONSE

I would work at XX Department Store (where her mother works)

QUESTION

IS THE GLASS HALF EMPTY OR HALF FULL?

RESPONSE

Half full.

QUESTION

WHEN WAS THE LAST TIME YOU LAUGHED TILL YOUR STOMACH HURT AND YOU CRIED

RESPONSE

Not any time

QUESTION

WHO HAS BEEN A STRONG INFLUENCE IN YOUR LIFE?

RESPONSE

Dad!

QUESTION

FAVORITE SPORT TO WATCH

RESPONSE

When I was a little baby I liked to watch baseball.

QUESTION

WHO INSPIRES YOU?

RESPONSE

Granny

QUESTION

IF YOU COULD TRAVEL ANYWHERE IN THE WORLD, WHERE WOULD YOU GO?

RESPONSE

I would go to Rancho Santa Fe. (Where her other grandmother lives.)

QUESTION

FINISH THIS SENTENCE: IF YOU DO THAT ONE MORE TIME, I'LL JUST HAVE TO ...

RESPONSE

Run away

QUESTION

WHAT IS COMFORTING?

RESPONSE

Flowers comfort me

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The Immediacy of the Child's World

Handling Questions with Authority

Business Writing Tip: Question & Answer Format

"...what Makes You Better?"

How I Broke Myself from Asking "What Are You Thinking?"

Success Secrets

Tame Your Personal Computer

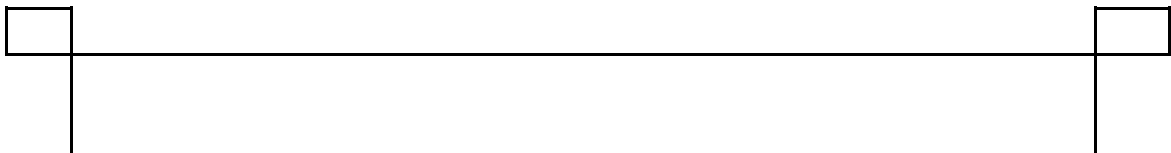
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