

Exploring Makes Life Changes Exciting

By Donna Rawady

Perhaps you're being forced to consider alternative or additional sources of income. Or maybe you're finding yourself yearning for a change but you're not sure what it is, or how to get there. _

Here are a few approaches that may help you explore your hopes and options and begin to take action.

- Document your thoughts about the work you love to do, or the life changes that you find yourself entertaining.
- Remind yourself that you're simply exploring — learning more — so that you're more equipped to make decisions about search strategies.
- Identify small steps of action that will move you closer to the information that will help you make better decisions regarding your goals and strategies. If you plan a step and it seems too overwhelming, chunk it down until it feels more manageable. The following questions relating to your interests might help you identify some small steps to take:
 - o What people or organizations might I meet or associate with to help me explore this goal further?
 - o What skills or knowledge might I need to acquire for an effective search or business plan?
 - o For each anticipated obstacle: What steps might I take to overcome it, or at the least, learn more about it? Apply a target date to each step you choose to make.

Making the commitment to explore versus decide provides the opportunity to launch your search and embrace the possibilities, with minimal risk. And you can keep it manageable by taking one small step at a time.

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