



New opportunities are as plentiful as the stars in the sky.

**WatchGlass
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By isolating a single aspect of a broader situation and focusing on it, great progress can be made...

A Pathway of Your Own

by Rosanne Scriffignano, Ph.D.

We recently welcomed our first great-nephew into the family. His birth was a reminder not only of the miracle of life but also that anyone (young or old) can make a fresh start. With the dawn of each day, we can “begin anew” in terms of our thoughts, intentions, and actions. Instead of following old patterns, we can explore new pathways and choices.

New opportunities are as plentiful as the stars in the sky. However, sometimes too many choices can prevent us from taking action. Indecision can occur when we worry about missing other opportunities or making the wrong choice. To overcome uncertainty when you consider new pathways in your life, focus on your values, dreams, and priorities.

- **Values**—To identify your values, think about what is most important to you. Do you cherish relationships with family and friends? How do you spend your time? For example, some people make values evident by volunteering for charitable causes, building careers, or seeking knowledge. To help pinpoint your values, take note of what brings you joy as well as what motivates you every day.
- **Dreams**—If you desire a career change or envision living in a new place, how do you translate that into reality? Once you identify your dreams, the next step is to determine how you will achieve them. Walt Disney reminded us that “All our dreams can come true if we have the courage to pursue them.” How will you find the courage to pursue yours?
- **Priorities**—With your values and dreams in focus, the next step is to identify your priorities. For example, if you value education and your dream is to complete an advanced degree, then your priorities may include finding time to attend classes and securing financial resources to pay tuition.

When life’s twists and turns threaten to take you off course, you’ll be well-equipped to select “a pathway of your own” by staying true to your values, dreams, and priorities.

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