



"The future is something which everyone reaches at the rate of sixty minutes an hour, whatever he does, whoever he is."

— C. S. Lewis

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

Your True Calling

by Rosanne Scriffignano, Ph.D.

Filled with anticipation and hope, most young people see endless possibilities for themselves. As we age, however, factors beyond our control may prevent us from fulfilling our dreams. Changing priorities, economic uncertainty, and family obligations sidetrack us from our true calling.

The good news is that it's never too late to pursue dreams. People of all ages have made significant changes in their lives. Octogenarians have earned bachelor's degrees and middle-aged professionals have embarked on new careers. The possibilities are endless.

When you're ready to re-discover your true calling, consider the following:

- **Decide what's important.**—The first step is to consider your values and interests. Determine what gives you joy and fulfillment. Create a list of what you value most. Uncovering your values may lead you to spend more time with family, share financial resources with those in need, or leave the world a better place. For example, some people raise funds for charitable organizations or volunteer to help the homeless, their local community, or the environment. Other people experience meaning as members of faith-based groups.
- **Take stock of how you spend your time.**—What does your calendar reveal about your current priorities? Identify activities that are no longer meaningful. Once you make time for what's important, you'll have more energy to focus on your new dreams and priorities.
- **Create a plan.**—Without action, change is not possible. Your plan should include the steps necessary to reach your goal. For example, if you want to embark on a new career, you should identify educational requirements, gaps in your skills, as well as people who can provide guidance and support. While focusing on the overall goal, break it down into smaller, manageable tasks.

C. S. Lewis reminded us that "The future is something which everyone reaches at the rate of sixty minutes an hour, whatever he does, whoever he is." As you pursue your dreams, ensure that whatever you do, and whoever you are moves you closer to your true calling.

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