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Embracing YOUR Destiny

There is this adventure called life and we only get to experience it once. We develop hobbies, passions and pursuits that suit who we are and enhance the tapestry of life we are creating. Woven into that tapestry is a great chunk of our allotted time, our time dedicated to where we go to earn a living. So much time is spent there, this place called work, that if we don't create a hobby, passion and pursuit within this allocated time we risk developing resentment, a void. Time stolen. Such a waste...

But it need not be that way. To paraphrase Viktor Frankl author of *Man's Search For Meaning*, "Until the day we die we get to choose the attitude we bring to any situation. We can create meaning and meaningfulness that empowers us and changes the course of our destiny."

For me the daily grind can get in the way. Every so often I find myself being ordinary, getting in the way of my own dreams and success. Sometimes it is by what I am doing but more often in what I am failing to do. Failing to read the books I know will inspire me. Failing to step in and say: "I'm sorry, but that action is unacceptable to me". Failing to return to my oasis of learning where I know it will challenge and motivate me. Failing to understand that each decision I make or do not make, each step I take or do not take, each moment, I am creating the life that lies ahead of me.

The more I learn the more I realize how little I know.

But far from being daunted by that; it excites me. The challenge of being the best I can be for my patients and for those who have sought me out to learn from, fuels my desire to continue to learn and fills me with humility. These wonderful people deserve that from me. Deserve me to be my best and my best, to be the best, must keep changing. If Lexus is not apologizing for upgrading their models, neither should we. In fact we should be proud of it.

In everything, it is important to find the purpose, the lesson, and the impetus.

There is a reason you are reading this today. Why of all days did this message fall across your path? What do you need to envelop, to master? Where are you heading - towards your dreams, or towards mediocrity? That computer sitting on our shoulders holds the answers when we ask it the right questions, when we feed it empowering thoughts.

Please don't abandon your dreams. Drop the negative self talk instead.

Embrace, live and explore. Challenge yourself with new adventures. Learn a new skill. Each of us is 100% responsible for the outcomes we create, good or bad or worse, indifferent. Why is indifferent worse? It stimulates no action. It provides no emotional response and without the polarizing responses at either end of the bell curve, towards exhilaration or despair, we are not motivated to change. And without change we sink deeper into mediocrity. And how sad is that - to live a life less than it could be?

I cannot control all circumstances I encounter in my life yet I can control many more than I do.

However I definitely can control how I respond, what I believe, what my attitude is and what I do about it. Knowing all this does not make it easy but it does make it doable, and challenging and exciting. It puts me at the correct end of the bell curve. It makes me emotional and with emotion, I switch my mindset and take action to do what I need to do to turn things around. Because I can! We all can!

