

You already know

How do you know what's right for you?

You know, you just don't know that you know.

Simply, how does it make you feel? When doing the right job, you feel good, you feel excited, overall it's fun and you look forward to it. When you talk about it you get excited. You study it, you work at it, and you enjoy it.

I was coaching someone on fundraising and how I did it. They commented that it came easy to me and was resonating with them. Well, I do enjoy it, I like the challenge and the excitement of it. It was fun coaching someone on something that is right for me.

When I saw the wooden schooner, I knew it was right for me. It had been in my mind's eye for years, and it spoke to me. I bought it, and it's been great. Now, I am selling her. A friend was surprised in that she was right for me, I received such pleasure from her, why would I sell her. It's all true, but it's time.

Something can be right, you experience it, and then it's also time to move on. For me, the boat was a challenge, and I have met the challenge. Now, it's time for something that better fits with my lifestyle. It's that simple.

What's right, and you know it, you should embrace and do. When it's time to move on, take the joyous memories and move on to the next one.

Don't over think. Your gut will tell you, will give you the feedback, and will guide you. It seems that every time my thinking mind says yes and my gut says no, if I go with my thinking mind, I'm wrong. Our gut knows best.

The key is to listen to ourselves. Listen deeply and quietly. We may not like the answer, but we do know, we know the right answer.

Think of a person's name, and your gut tells you exactly what you think of the person, be you willing to verbalize it or not. Think of a place, and your gut tells you if you'd like to visit it or not. Say Paris and I'm there! Say, well I won't say it, and NO, I don't ever want to go. It's that simple.

What about a new career in sales? What about living on commission? Some of you will embrace the idea with excitement. Some will think it's torture and would hate it. See, you already know what's right for you and what doesn't work for you.

We all have jitters, we all question our gut, and we all have some self doubt. If we listen and feel deeply, we know. We already know.

Trust your gut, trust your knowing, go for it. NOW. Go for it NOW.

