

FOREWORD

Some people thrive on change; most people don't because the process of dealing with change—transition—is often fraught with indecision and anxiety. This in-between stage of what was and what will be can take on a troublesome life of its own as a confusing cloud of ambiguity starts to envelop us. This can become so overwhelming that we feel stuck. We don't know which way to turn, or what decision to make next.

Me, Myself, and Why? The Secrets to Navigating Change will take you on a journey along which you will develop insights and tools to navigate through your own personal and professional transitions. In the three sections of the book, you will learn how to master techniques to help you discover who you are and where you want or need to go.

Each one of us has a special *it*, that special talent that is natural to who we are. That special *it* has navigated us in life. However, there are times when our *it* gets misunderstood, ignored or lost. Sometimes a significant illness, downturn in business, job loss, loss of a family member, or seeds of discontentment stops us in our tracks. We feel enveloped in a thick fog or stuck at a crossroads, puzzled about why it is so difficult for us to choose to move on.

Me, Myself, and Why? The Secrets to Navigating Change leads you through the journey of self, where questions are

posed, and where you begin to have a realization of that which motivates you, that which makes you unique, that which makes you empowered to live the life you want and that which you were designed to live.

This book is organized into three phases to mirror your steps in your journey to self discovery. In Phase One, *Understanding What Motivates You*, you will begin this journey by reading the stories of others who have gone before you. Each character illustrates a unique way of driving through—or staying stuck—in their Cloud of Ambiguity. Some may even be unaware of those very features that help or hinder them to move ahead through change into transformation. Consider yourself as you read through their stories because you will undoubtedly see elements of yourself in one of more of these characters.

Phase Two, *Finding Possibilities* shifts the focus on what can be. Once you uncover new ways of thinking about what makes up the self in *Myself*, you learn to manage your natural motivators, discover your natural talents, and begin to explore ideas you may not have considered. Each chapter ends with “Self-Reflection Moments” a tool designed to help you apply new ways of thinking about your life, relationships and career.

Phase Three, *Creating New Paths*, focuses on the *Why?* You will learn the secrets to move beyond your Cloud of Ambiguity and begin to take action on that which is important to you. This section can help the way you navigate change and walks with you as you create your vision for your future and a deeper understanding of your purpose.

Enjoy the voyage into the land of *Me, Myself, and Why?* Discover the secrets to finding your passage to your purpose.

PHASE 1:

UNDERSTANDING
WHAT MOTIVATES
YOU

CHAPTER ONE

IT TOOK A TIRE IRON

On a cold December day, I drove down the road with a million thoughts spinning in my head. I questioned if I was on the right path with starting a business and if writing a book was a good idea since I felt nothing extraordinary has happened in my life. Within a split second though, my thoughts scattered. That was all the time I had to react when I suddenly realized that an object was hurdling with lightning speed straight toward my windshield. I instinctively crossed my arms in front of my face waiting for the pain. While protecting my eyes, my other senses took over. I heard a whooshing sound and metal dinging around in the front seat of my car—but, surprisingly, not the pain I anticipated.

The impact occurred in a fraction of a second, but it seemed as though everything happened in slow motion. I forced one eye open and nervously peeked over my arms, which were still shielding my face. I saw a four-foot, five pound metal bar stretching from my dash board to the passenger's seat.

With a shattered, softball-sized hole in the windshield and shards of glass sprinkled from head to toe, I quickly drove to the side of the road repeatedly saying, “I’m okay, I’m *okay, I’m* Okay.” My first instinct was to call my appointment to let her know that I’d be late. Of course that was the professional thing to do. I left a message on her voicemail but don’t really remember the exact message, although she confirmed later that it was calmly stated—quite different than I was actually feeling.

Semi-trucks continued to whirl by at speeds above 70 mph when the thought occurred to me that I might want to see if I’d been cut by all of the shards of glass. I looked in the mirror, saw no blood, so I must be *okay*. Cautious about further debris popping up from the road, I put the car in drive and slowly crept from the freeway to the first exit and landed in a parking lot. “I’m okay,” I kept saying out loud, as if I could convince myself by repeating it.

Eventually, I called my loved one’s, repeating to each of them, “I’m okay, I’m okay.” I could hardly summon up coherent words as I began telling my husband that a metal bar...a big metal bar...went through my windshield. After assuring him I was “okay,” he left work to pick me up. At some point, I called the police and waited for them to arrive. When I thought my knees would support me, I slowly arose out of the car with shards of glass dripping from my hair and winter coat. That’s when I saw the damage to the car’s hood. The tire iron had impaled the hood and sliced a six-inch gash down to the engine like a hot knife on butter, and then proceeded through the windshield. Upon examination of the tire iron’s trajectory, had it not hit the hood, I would have tasted metal. Three officers at different times appeared,

saying, “Ma’m you must be on this earth for a reason.” “Your mission is not yet complete.” “Wow, you were really lucky.” I’ve noticed in my life that the answer to life’s tough questions usually comes in a series of threes. I received the confirmation in those three messengers!

Was it luck or some higher power looking out for me? Little did the officers know that I had faced my own mortality years earlier. But...I’m okay. In the end, the windshield needed to be replaced, the dashboard had to be resanded and dyed because the shards of glass completely scraped the top dashboard. I, on the other hand, walked away without a scratch.

A little earlier, I asked if starting a business and writing a book was what I should be doing...message received! How did I make the connection between a tire iron hurtling through my windshield and if I was on the right path? The two seem at odds with each other. I suppose it wasn’t the tire iron, but the three people who said I was on this earth for a reason.

SELF-REFLECTION MOMENT

How often do you need to hear something before you take a leap?

What experience has left you with questions?

How often do you ask why but don’t seek to understand that you are where you need to be at the time for a reason?
