

## Lee Weisser

### Your Career Goals Are in Reach

The weather has been cold and harsh here in Toronto. I feel like curling up under the covers with my stash of chocolate until spring comes; that would be my comfortable place. But to accomplish the goals I've set for myself, I know I have to venture out from my hiding place and start stretching beyond my comfort zone.

This means changing something about both my attitude and my behaviour. I boil it down to two things:

1. Embracing hope
2. Taking action

#### Embracing hope

Hope is not wishful thinking; it is not doing the same thing over and over while expecting new and different results. Hope is the belief that you will find the energy and motivation you need to move your life forward, even when you feel so discouraged that all doors seem closed to you. Hope is the knowledge that you can create a positive future, even when your body feels so heavy you can't seem to take a step. Hope is anticipating that the future will be better and working to achieve it.

#### Taking action

It's amazing how taking just one small step starts the momentum for change. Most of us spend a lot of time and energy worrying — worrying about what could happen. But when we do even one thing towards creating our future, the next actions become easier and easier. Soon we find ourselves well along our way to change. I have turned the old adage, "Put one foot in front of the other," into my own mantra, "Just keep moving!"

#### Getting ready

How do you know you will be able to embrace hope and take action? I speak from experience when I say that it's okay to cry until you think you will break, it's okay to mourn your losses and, when you're ready, it's okay to trust — trust in yourself and in the world around you.

*It is impossible to go through life without trust: That is to be imprisoned in the worst cell of all, oneself.* — **Graham Greene**

And what happens when you invite trust into your heart and mind? You will find hope standing beside you as a beacon to guide your way.

How about, together, we each take one small step to stretch beyond our comfort zone?

Just don't take away my chocolate!