# Do Something Different For A Change

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| **Author** | Isabel Einzig |
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Consider doing something you have not tried before: music lessons you have always said you wanted; dancing down the hall at a concert hall (I have done this);taking a hot balloon trip (next on my agenda); learning how to sail in an afternoon on the Chesapeake Bay or San Francisco Bay or in the Caribbean; speaking in front of an organizational group about your travel or culinary expertise.  There is no end to trying new things in your lifetime.  Do something that will give yourself a challenge. After all, we all seem to see something in others that others may not see in themselves.  Don't we give unsolicited advice to those we feel can benefit from being healthier and happier and more successful? Today is your day-"Do something that scares you each day."-Eleanor Roosevelt I do not advocate taking a risk without contemplating the consequences.  I do suggest if there is something you have always wanted to do but couldn't justify doing it,  consider "What's the **best** thing that could happen?" A baby stands one day by pulling himself up and holding on to a table, chair, whatever.  He may fall and then after a time he is racing around the house too fast for anyone to keep up with.  Take that first step today.  Hold on to something, take a deep breath, and enjoy the experience.  Now look at the possibilities that you can make into new exciting opportunities for growth in all areas of your life: health, love, career goals, financial independence, better communication, new relationships, trust-Involving your mind, body and spirit you deserve to live life unencumbered, free from worry, free from regret, full of hope, full of possibilities. So, I challenge you to take my advice: Dream a little, no, dream big and then lay out your road map one short trip at a time. Tomorrow can be just another day or a new beginning to a new life exploration. I am rooting for all to go forward.  Let me know what you tried to do differently and how successful you were.  Email me at: [isabel@uniquepathways.com](mailto:isabel@uniquepathways.com)