

Creating a Life Changing Experience

There are a small number of choices and experiences in my life that I can say have been life changing. Some of these experiences have not been by choice and then there are those that I am responsible for by creating. All of them have shaped who I am, my outlook on life and led to other choices along my path.

On June 20th my 9 year old daughter and I along with 42 members of Fitness for a Cure went to Memphis, Tennessee where we volunteered at St. Jude's Children's Research Hospital. This newsletter is not intended to be a platform for St. Jude's but rather my sharing of this life changing experience which may inspire all of you to create one for yourself.

This trip did not come out of the blue. Just a bit of background... my daughter is on the fitness performance team with children through adults and I am on the event committee. The team and committee raise money for St. Jude's by offering an annual event which this year raised over \$200,000. Fitness for a Cure embodies my values, my passion, and is enjoyed with a community of like-minded individuals who are inspiring. This was my first year with Fitness for a Cure which started 8 years ago.

At first, when learning that the team planned on volunteering again this year (3rd time within 8 years) at the hospital I really wanted to go but was reluctant to take my daughter and had decided to wait until the next trip likely in 2 years. She was disappointed about waiting as she did not have any hesitation. Bringing her to St. Jude's where there are among the sickest children in the world not knowing if she had the maturity to handle it concerned me. I even wondered how I might be able to experience the emotions likely to occur. It is one thing to be here in MA raising money but another to see the kids we are raising money for.

Over the course of a month I kept getting signs from the universe that this was in fact the time. Not only did I feel passionately about helping in this way but I believed this would be a life changing opportunity for us which I needed to respond to. I took a leap of faith and we made the trip.

Yes, it was life changing in ways which are difficult to put into words. Being with families facing childhood cancer up close definitely made me pause in my own life. When we hear on the News of something tragic we often think to ourselves how we will move forward in our own lives differently and become more grateful. This trip was more than that to me as likely it was for those who have visited New Orleans to help with the disaster cleanup. I am so inspired by one man's passionate vision, his ability to enroll a community of others into his vision and create something bigger than what is imaginable. To see what it was at the beginning and now has become is so amazing. I was also inspired by how strong the feeling of hope and courage that exists rather than despair at St. Jude's. I cannot say enough about the human spirit displayed by all; patients, families, and the staff.

Since being there I continue to get signs that it was life changing for myself and my daughter. I have internalized this experience so strongly that there is no going back to how things were in certain ways for me before the visit.

What is a life changing experience?

This is of course is very personally driven. Examples of life changing experiences which others have shared with me include visiting Africa and the Antarctic, flying on an air balloon and jumping out of a parachute, climbing one of the highest mountains and running the marathon, getting married and having a baby, changing careers and the list goes on. It is something that is out of your comfort zone and embodies greater needs and desires than experienced on a daily basis. It awakens us in some way.

Creating your own

Write down 3 previous life changing experiences.

Describe once choice you made that was life changing. Did you know at the time that it would be?

What opportunity is the universe calling you to respond to?

What embodies your values and inspires you?

What do you know would be life changing if you chose it?

Held back?

Now, take a look at what holds you back? Describe your worry, fear, etc. Has this held you back before and why?

Talk to someone that inspires you to live life bigger. Share what you are considering.

Consider what might you gain if you chose it and what might you lose if you do not?

If not NOW, when?

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Coaching assists clients who want to make transformational changes in their lives. If you desire to change an area or areas of your life, feel free to contact me at (978)686-5693 or lisa@baystatecoaching.com for a **FREE consult**.

I thank you in advance for forwarding this newsletter to any of your friends and family who may be interested.
