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“You might lose your balance while taking risks, but if you don’t take risks you might lose yourself” Soren Kierkegaard

Expanding you horizons may be a good idea!

By Ira Franco Your Partner Your Life Coach

Life is an interesting and unexpected journey, and it offers you an infinite number of beautiful things which you must take advantage of as much as possible. At birth babies have people who take care of them— they feed them, bathe them, protect and pamper them – because babies are not yet capable of performing these activities by themselves. As time passes, babies reach the “terrible twos” – the stage that parents fear most. In reality, what happens at this stage is that the little human being is starting to walk and he or she wants to discover what life has to offer at his or her own pace. For the first time, he or she feels independent and wants to make his or her voice heard.

The years pass, and that toddler grows and begins following society’s norms and obligations. He or she graduates from elementary school, then high school, and perhaps continues on towards finishing a Bachelor’s degree or a Post-graduate degree in a given field. After that, he or she might find a job suitable to his or her ideals or interests, or he or she might create an enterprise of their own. Finally, if he or she is lucky in love, he or she will find that special person with whom to share his or her life.

You should ask yourself:

- How long has it been since you last played your favorite song on your guitar?
- For your next vacation, what is stopping you from travelling to that remote place that you’ve always wanted to visit?
- What would be the top 5 things you would like to discover about the world or about yourself?
- What sparks your curiosity?
- Where is that two-year-old little boy or girl inside of you that is just starting to explore the world?

Expanding your horizons sounds easier than it really is, because you need basic ingredients such as curiosity, the courage to accept any challenge, the ability to face the unknown fearlessly and to feel comfortable – both with yourself and with your surroundings.

Expanding your horizons is a good idea because the satisfaction you will get from doing so can be infinite and so rewarding that, without realizing it, at the end of the day you may end up with a smile on your face.

I challenge you to embrace the idea, expand your horizons, and discover yourself!

(*) Sesiones Disponibles en Español