

## TIME TO FIND A BRIDGE!

Special Edition Posted 1<sup>st</sup> Quarter 2009

**Berwyn** - Last Friday, I had a writer of a major online magazine ask me for career advice. The question that was posed to me was: “What should you do if you’re laid off right now?” Well, given the current state of affairs, I thought, “I would find the nearest bridge.” Unfortunately, my return call to the writer was not fast enough for her “I need an answer now” deadline.

However, let’s think for a moment and go to that bridge and ponder your situation. I’m not suggesting anything drastic. If you know me and my writing style, you’ll know I’m suggesting you find a bridge and spend an afternoon sitting by it with pen and journal listing all that you are grateful for, list your accomplishments in the last year and journal on what really drives you over the bridge and not off it! What fuels your passion, what gives you meaning... reason for being... joy, purpose, etc.? The bridge is a metaphor of old and new, then and now, today and tomorrow. Sitting by the bridge and having just lost your job (or any other major stress/changes in your life) will give you pause... about what’s next. AND, journaling on your thoughts, concerns and ideas for the future will bridge the gap from fear to action. Hence, the purpose of finding a bridge during troubled times has a deeper meaning.

The bridge may provide solace, comfort and strength. It may also provide you with a chance to look at your personal situation regardless of the world collapsing around us. The bridge offers a chance to cross over into new territory, a chance for creating new ideas during critically changing times.

So my friends if you find yourself suddenly out of work (or dealing with some other type of change), grab a pen, your trusty journal and head to the nearest bridge, and explore deeply the changes you personally want to make – whether it be a move, identifying the ideal job or starting to work on a hobby that you put aside during your busy schedule when you *were* working. Regardless of the financial crisis the entire country is experiencing, bring it down to YOUR level, YOUR situation with everything else removed from it including your emotions.

Life is not about waiting for the storm to pass but learning how to dance in the rain.\* Seize the moment and take it easy, but (most importantly) take it!\*

**In the Spirit of Love and Light...**

***Rosemary Augustine***

*\*These closing statements are from anonymous authors and credit is due them and not me.*

P.S.... As a Side Note... Here are a few things to do now:

*Find a bridge and journal*

*Strengthen your network*

*Work on hobbies*

*Take a class*

*Advance your interests*

*Find humor in every situation*

*Search for bargains*

*Love yourself*

*Be kind to others*

*Learn something new each day*

*Catch up on your reading*

*Write a love letter*

*Reconnect with a lost friend*

*Take a walk – daily*

*Be passionate about life*

*Hug your dog or cat*

*Take a nap and recharge*

*Enjoy time with family*

*Think positive thoughts*

*Write and recite positive affirmations*

*Stop worrying and take action as worry impedes action*

*Be grateful for all you have... and all that is yet to come*

*Learn your passion and live it*

*Find joy and treasure it*

*Enjoy the stillness*

*Relish the quiet*

*And Breathe!*

**[BACK](#)**