



Hi Everyone

What is the first adjective or description or label that comes to mind about YOU - what label do you want to add to your life resume?

Join me as I share how this is your chance - don't let others select what they think of you...instead how YOU can choose what YOU want as your next new label and then live it out loud.

Welcome back!

Ok - so Think of your canvas as a blank slate.

Think of a list of adjectives - labels that describe you

I already like some of my labels - Daughter, Sister, Auntie, Swimmer, Vandy gal, Athlete, Friend, Caregiver, and even Vice President at one point. etc.

Then consider how these are reflective of how you are building your Life Resume. What is currently on your life resume?

Got too wrapped up in my corp identity

Was that all?

When I look back, what will i remember?

Especially as I've gotten older, I experienced a shift in what's important

At same time I saw others who didn't get to do what they want

I decided I had enough and that it was time.

It was time for me to pause - to re-evaluate and possibly expand my list of personal labels.

First step is figuring out WHAT labels to add....hmmmm

Can be personal, professional or playful.

Something that is totally new or something that you've decided to take it up a notch or master.

For me, I wanted to go back to bike racing  
I wanted to be a better Mountain biker - especially if you've kept up with my videos, you'll know I still have a ways to go.  
I wanted to adventure in Iceland

I wanted to be an Author and publish at least 1 book and I made it happen in November.  
Now I can even add podcaster and vlogger to my list

Remember though - it is Only the labels YOU give yourself or that you choose matters and that are true contributors to your happiness.

So what about you?  
Want to be an Investment Goddess?  
A Gourmet French Dessert Baker?  
A City Council Representative?  
A stock market wiz?  
What about Mentor? Big Bro or Big Sis?  
What about Volunteer?

What about a Snowshoer?  
Have you ANY idea about snowshoeing?  
I never thought about it but at some point it looked fun.  
Now it's a part of me.

The second piece - more importantly - is HOW you are now going to LIVE that label. It's great to dream it.....to see it.....but how will you DO it?

As an outdoor gal, it was time for me to take the podcast outside and to highlight a great example for me is how I wanted and then purchased a place in the mountains.  
I love a lot of activities in the mountains like hiking, biking, snowboarding, etc and I wanted to have a place of my own in the mountains  
I had to set the vision, create the detailed plan and timeline, the key steps to complete and I got there in 13 months.

So what about you? Write down your list of what you WANT of your own personal list of current labels and then a list of what you want.....do they match?  
If not, why? What will YOU do to change this?

Our DestinationU Facebook Community is focused on this topic in this week's Facebook challenge - it's all about identifying and committing to add 1 new label within the next 3-6 months. If it's a biggie, it may take more time but I encourage you to join us there and

publicly state your commitment. Publish your statement there or email it to us at [info@destination-u.net](mailto:info@destination-u.net). Listing your public statement or commitment is a wonderful first step to actually making the vision a reality.

Also I hope you'll check out my photos & resources on my website at [www.destination-u.net](http://www.destination-u.net) and come back for more info on how to expand your life resume and add the labels that you believe are currently missing.

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Who's on your team and in this unique time of no-hug COVID life, how will you commit to nourish your Significant Other Circle? Who's in your SOC that you really count on and are your best cheerleaders and bartenders?

Pic from Zion cold water and then jumping in the snow

Then eclipse - comment on supporting you when you are totally silly and nobody cares what you look like

The friends that challenge you just enough yet are there when it gets ugly or you reach out for help

You will need to reach out - not everyone can read your mind.