

The Power of Perception You Get to Choose!



You can't go back and change the beginning, but you can start where you are and change the ending – Sally Carr.

What exactly does this mean? It means the past is the past and cannot be changed, but it also means that we need to make the best of lessons learned and use the past to reflect on our lives and what we can do differently as we move forward.

What I am learning on my life journey is that aging does not necessarily bring wisdom. Aging offers the gift of time, which means life experience that may or may not bring wisdom. Our perspective of those life experiences determines our wisdom and enables us to use this wisdom to “start where we are and change the ending.”

The magic is in knowing that we get to choose whether we move toward a destination or move toward our destiny. We arrive at destinations daily—our home, our workplace, our favourite restaurant—but our destiny is a lifelong journey, a series of events that shape our future. It may lead us toward what we are meant to do, what our hearts want us to do, what our wisdom tells us to do.

The question then is how might we change our perception to strengthen our belief in ourselves and move toward our destiny? Firstly, know that you are different now and wiser than you were as your younger self. Second, know that it is important to ask questions that will support your lifelong journey. Next, know that you hold the nugget of your true worth right now, and believing that will open your heart. And finally, know that the only resource in the universe that will never dry up on you is YOU.

As Sally Carr says in all her wisdom: you can't go back and change the beginning. Understanding that is the first step toward your own wisdom. The next is to ask how your beginning can serve you right now.

All my best as you move closer to wisdom and destiny and yourself.

Irene Lay Photography

Gail McDonald, PCC

TRANSCENDENTSELF CHANGE
OPTIMIZATION (TSCO)

gail@transcendentselfco.com

780-915-4162

www.transcendentselfco.com