

THE NEXT CHAPTER



DO THE THING!

What thing? Any thing!

I was lucky to be on holiday in a pretty lovely place just recently. There was so much to see, do and marvel at. As I was watching people negotiate the old cobbled streets (read uneven paths and potholes) I was reminded about the importance of doing things while you can. Often we wait until we leave university, save for a house, the kids leave home, we finish work (insert your excuse here!) before we do things. We don't know what path our lives will take, what our health will be like as we age or what our financial position might be so do the 'thing' as soon as you can. I certainly appreciated being able to walk up the 1350 steps in 32 degrees (C) to the old fort – the views made it so worthwhile.

It is too easy to put things off, not try new things and therefore miss out on some great experiences while you're still able.

I have had a number of conversations lately with people indicating both regret and intention. 'I wish I had travelled when I was younger and fitter', 'I'm really keen to write a book but I don't have time', 'I need a new hobby'.

As we plan for our longer-term future it is important to think about what we would like to do, see, achieve, be and ensure we are getting started on those things sooner rather than later. Travelling when you're 75 looks a lot different than travelling when you're 55.

By putting off our choices we're also cheating ourselves of the opportunity to live a full life. There are always limitations so your 'thing' doesn't have to be big. Start small – read a travel book, start a chapter outline, check out cooking classes at your local high school.

Review your life to ensure you're living a life of purpose at whatever age or stage you are at.

DO THE THING!

As you start thinking about your new chapter think about how your current life balance supports the life you would like to ultimately have.

If you'd like to explore what that could look like for you I'd love to hear from you at elizabeth@thenextchapter.nz

All the best
Elizabeth

Keen to know more? Here are some ways we can work together:

Get in touch to book a 1:1 collaboration session where we can explore whether the The Next Chapter programme can help you.

Connect with me at whatsnext@thenextchapter.nz to talk about booking a workshop for your organisation.

Follow The Next Chapter on Instagram and LinkedIn for articles, resources and case studies or check out www.thenextchapter.nz.

"There are so many different ways of living your life and you have the opportunity to choose what that is."

Our email address is:
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