

# Your Personal Coach

Kathleen Brehony, Ph.D.

Dear Kathleen,

**I am a single mom of a teenager, work full-time, and want to return to nursing school. I have wanted to be a nurse for all my life. I only have the time and money to go to school part-time and it will take me more than five years to get my degree – I'll be 40 by the time I'm finished. A few of my friends have been encouraging, but most just tell me to forget it because it will take so long to complete nursing school. I can't seem to forget about it...what do you think? ?**

**-- Leslie**

Dear Leslie,

Far more important than what I think is what *you* think. Listen to your own heart, and not to advice from your friends or me. But since you asked! Why not pursue the dream of your heart? Why not aim toward the day when you will get up in the morning and work in a profession that holds meaning and passion for you? You'll turn 40 in five years anyway (God willing). The only choice is whether you will enter your forties as a nurse, or working at your present job. I say, go for it! Follow your dreams!

To be sure, it will be challenging to work full-time, raise a teenager, and attend school. But lots of men and women have successfully taken this path. With a good dose of awareness about priorities, and the growing ability to balance your many responsibilities, you can find this an exhilarating time of growth both professionally and personally.

Too many people put off taking the journey to realizing their full potential and find all kinds of excuses about why they can't take that path. "It will be too hard. It will take too long," they say. Instead of creating a life that is rich and exciting they stay in the same rut, never living up to all that they could be.

I don't like to admit this, but like some of your friends, I can be impatient about getting to my goals. I want things right now! I'd like to be able to just click my fingers and – boom – I'm there. It's easy to forget that success comes only after lots of hard, sometimes boring, work. Success comes when we have a good idea, set our goal, and then take the right steps – little by little. This old Aesop fable is a good reminder of this fact.

It seems that there was this crow who was half-dead with thirst. He found a pitcher but there was only a little water at the bottom. He stuck his beak into the pitcher but couldn't reach the water. He tried over and over, but he just couldn't get to that water. He almost gave up in despair but you know how bad it feels to be thirsty – so he was highly motivated. Aha! He had an idea. He took a pebble and dropped it into the pitcher. Then he took another and dropped it in. Then another. And another. Until, at last, he saw the water mount up near the top of the pitcher and after casting in a few more pebbles he was able to quench his thirst.

Waiting around for success won't make it happen. Keep moving toward your goals step-by-step, little by little, even when you think success is far down the road.

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Remember your goals. Create a strong image in your mind's eye of reaching your destination and think about it often, especially when you feel bogged down or overwhelmed by all the things you have to do. But also enjoy the process of learning and achieving in a field of study that interests and inspires you. Think of every academic assignment, every exam, and every term paper that you will write as one of those pebbles the crow drops into the pitcher. Successful people in every field of endeavor know that moving forward little by little is the only formula for success. Good luck!

Send your personal coaching questions to [kathleen@fullpotentialliving.com](mailto:kathleen@fullpotentialliving.com) or call 473-4004. Kathleen is a personal and executive coach, clinical psychologist, and writer. (©2003 Kathleen Brehony. All Rights Reserved.) [www.fullpotentialliving.com](http://www.fullpotentialliving.com)