

e-Thoughts - I really like “re”

April 2014 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

I really like “re”. You know, as in: redo, reconnect, revisit, recharge, reenergize, rethink, restate, review, restart, relearn and the like.

“Re” says there’s a chance to try again. The fact that I can “re” so many things helps me control:

- My need to do things perfectly the first time
- My fear of making a mistake
- My anxiety that I’ll only get one try at something

“Re” frees me up to give things my best shot and not worry that I’ll never get another opportunity.

Think about all the ways you can use “re” in your life

Are there people you haven’t seen in a long time? Would you like to reconnect? Have you given up on goals you set for yourself? Would you like to recommit? Have you closed the door on new undertakings or relationships? Would you like to reopen it?

Get the idea?

When you think of how many things you can “re”, you see that life is full of opportunities to go back and do it again, do it better or just give it another good try.