

# e-Thoughts — Someone I'd like to meet

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

**“Be someone you’d like to meet.”** I recently heard this quote and it really struck a chord. I think it puts a new twist on self-awareness and self-improvement.

**It got me thinking.** If I could be a totally new person — someone I’d especially admire — what would that person be like?

**What would your “someone” be like?** My fantasy person would be like me, but with improvements. Me 2.0, so to speak. She’d be a great listener. Probably a good athlete, too, or at least someone who would stick to a workout schedule. And, my made-up person would read more newspapers and books. Finally, he or she would never, ever procrastinate.

**So, there. I’ve created a person who’s got some attributes I’d like to have.** And, you know what? Now that I’ve defined that person clearly, I see that the changes I’d like to make in myself are specific and realistic. They’re goals I can achieve.

**I don’t need to get down on myself for my shortcomings.** Instead, I can take proactive steps to become more like that imaginary “someone I’d like to meet.”

**What about you?** What would your re-envisioned self be like? Once you’ve got a picture or idea in your mind, can you see what steps might move you in that direction?