

Stop, rest and continue!

TAKE SOME TIME THIS SUMMER TO EVALUATE WHERE YOU'RE HEADED AFTER HIGH SCHOOL

By Paul Vitale



Your senior year will be here and gone before you can say “homecoming.” With all of the excitement, you might discover just how difficult it is to focus on that all-important next step: life beyond high school.

Now is the time to stop, rest and continue. Let me explain!

Quite often, exciting plans are being created, new goals are forming, fresh resolutions are being established, and yet, somewhere along the way, what originally was set out to be accomplished is somehow lost in the shuffle.

That’s why it benefits you to **stop** every now and then to rest and reflect.

During this important period of rejuvenation and planning, you are in a position to assess the next chapter of your life. Take this opportunity to look into the window of your core and recognize the exceptional traits you have to offer the world.

Possessing a strong work ethic, being willing to exchange ideas, practicing self-discipline and showing respect to others are all valuable qualities worthy of mentioning!

As you walk through this incredibly important process, keep in mind that you are not alone.

If you are searching for an answer to a question, don’t be too intimidated to raise your hand. Admitting that you can constantly learn from others is a gigantic step in the right direction.

Even though many thoughts and questions may continue to swirl around in your mind, **rest** long enough to get your bearings and focus on how you plan to blaze your own unique course.

How do you begin such an undertaking? It starts with seizing ownership in your future and being confident in the outcome.

There is no doubt that it is tempting to get caught up in everyday activities and let life just “take care of itself.” However, remember that once time has passed, it can never be recaptured. Take responsibility for your future and embrace it!

Recognize that there will be bumps along the way; many more than you have already experienced. Try not to sabotage yourself when this happens. Navigate those roadblocks by learning how to deal with the fear of failure. A good starting point is to drop self-limiting thoughts and maintain a sense of humility throughout those trying times.

For example: Today, maybe your career path is somewhat elusive; nonetheless, **continue** striving toward a profession that interests you, and explore the possibilities.

Take the next step, test the waters and see where the adventure leads. Who knows, you might stumble onto a path that you never knew existed!

For some, taking that leap of faith seems to come naturally, while

others aren’t so eager; either way, realize there will always be various stops and starts throughout the process. Don’t become discouraged.

Stop every now and then, rest long enough to get your bearings, and continue striving.

How you approach your next step is up to you. Always remember, though, that you have the chance not only to leave your legacy, but to always represent it with dignity and pride.

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