

Knowing is better than wondering

How's it going?

Here it is, September already. Can you believe fall is here?

Somewhat suddenly, there is a chill in the air and the kids are back in school. Off to kindergarten--or college--or somewhere in between. Seems, even with us "grownups" September marks something of a new beginning. Perhaps it's born out of that same rhythm the kids remind us of...fresh paper, new notebooks, maybe a new pair of sneakers. It's a time we often look at things with a FRESH eye, too. And yet, too often, the newness wears off, and all too quickly, we are back in our routines, walking our well-worn paths. And you know the saying "wherever you go, there you are".

One of my favorite TV characters, Meredith Grey-- the namesake of Grey's Anatomy on ABC--has this wonderful way of saying things. I think her voice, in the quote below, really sums up beautifully that which stops us most – FEAR. See what you think...

"A couple of hundred years ago, Benjamin Franklin shared with the world the secret of his success. Never leave that till tomorrow, he said, which you can do today. This is the man who discovered electricity. You think more people would listen to what he had to say. I don't know why we put things off, but if I had to guess, I'd have to say it has a lot to do with fear. Fear of failure, fear of rejection, sometimes the fear is just of making a decision, because what if you're wrong? What if you're making a mistake you can't undo? The early bird catches the worm. A stitch in time saves nine. He who hesitates is lost. We can't pretend we hadn't been told. We've all heard the proverbs, heard the philosophers, heard our grandparents warning us about wasted time, heard the damn poets urging us to seize the day. Still sometimes we have to see for ourselves. We have to make our own mistakes. We have to learn our own lessons. We have to sweep today's possibility under tomorrow's rug until we can't anymore. Until we finally understand for ourselves what Benjamin Franklin really meant. That knowing is better than wondering, that waking is better than sleeping, and even the biggest failure, even the worst, beat the hell out of never trying."



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So what is the opposite of fear? Does boldness ring a bell? And did you ever notice that when we are most bold, most clear about where we are going, even when we don't know exactly HOW we are going to get there, that we are often our MOST effective?

Some say that is true leadership.

So here is my wish for you. After you finish reading this today, make that ONE bold move you have been meaning to make. Take that one step that you have been WAITING to take.

And yes, it will still be true, that "wherever you go, there you are". And what if that place is somewhere different, somewhere unknown, where you never dared to go before? Will you let FEAR stop you?

This much I know for sure, going for it,--no matter what the outcome--as Meredith Grey so beautifully says " ...beats the hell out of never trying."

Yes to your success,



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