



Richard E. Forgay II, President & CEO
P. O. Box 60561 Longmeadow, MA 01116
www.BusinessLeadershipMastery.com
Rick@BusinessLeadershipMastery.com
Direct 413-262-4906

Prime Objectives Newspaper Column

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What's Your Story?

I recently participated in a Writer's Workshop facilitated by national best-selling author Susan Piver. Our group was intimate in size, allowing us to share and critique each other's written works in great detail.

In a poem shared by one of our members, "7 years" was mentioned several times. There were many opinions about what "7 years" actually meant to the author.

The point struck home when someone mentioned that our body renews itself every 7 years. Then I realized this is my 49th year on Earth. A renewal year! I'm not sure how 7 x 7 intensifies the renewal, but I'll accept it as a good hand dealt.

This theory prompted me to reflect upon past renewal years of 7, 14, 21, 28, 35 and 42. I can recall many new experiences within each of those years. Test your own recall. Every new experience becomes part and parcel of our life story.

Let's think about our life as being a great book of new beginnings. Every moment, day, month and year represents new sentences, paragraphs and chapters of our life story. When one chapter concludes, another begins.

Our life story can weave like an action packed drama, romance novel, comedy or inspirational epic. When we take a responsible pen in hand our life story can become anything we choose. The magic begins to unfold the moment we decide to act and live in authentic alignment with the story we create.

In the 49th chapter of my life story, I tried and fell in love with yoga and deep meditation for the first time ever. It is now an enjoyable new experience waking up each new day at 5:00am with these life-changing practices. Other paragraphs in my 49th chapter include writing a new book and dusting off my private pilot wings with specific checkpoints charted for each new month. Those are a few coming attractions of very descript paragraphs in my current life chapter.

Avoiding the time to commit our ideal life story to thoughts, words and actions can cause dreams to remain dreams and the best intentions can quickly fade to regret.

So, why wait for the next 7 years to renew your life? Take pen in hand and start working on this chapter of your ideal life, and then live it confidently everyday.

How do you imagine your life story to read 7 years from today?

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