

By giving yourself permission to try something on a temporary basis, you free yourself from the fear of failure, and you might discover something that stirs your soul like never before.

Even small experiments can open your mind to new ideas and possibilities. You could study a subject that interests you, volunteer with a cause that tugs at your heart, take an internship or short-term apprenticeship, plan a trip to a place you've never been before, take on one client on a freelance assignment.

Take a minute to complete this thought: I've always wanted to:

Why haven't you done whatever it is you wrote above?

What has been holding you back? How could you experiment with that idea?