



Identity



Sometimes we spend so much time or focus on our career or in motherhood that we lose our identity. You don't feel like yourself. Or even recognize yourself for that matter. It's a pretty empty, hollow feeling. I once read a quote in the local school district office: "I have gone to find myself. If I get back before I return, keep me here..." Haha! Isn't that really how we feel sometimes? Who are we? And what have we done with ourselves?

Well, maybe it is time to give it some thought. Figure out what makes you you. What makes you feel alive. Happy. Take a minute, grab a paper and pen and write. Write all the things you wish you could do. Things you dream of. Things you'd like to learn. Things you want out of life. That's the first step in finding yourself. Next? Go do it. Carve out some time for yourself to do what you love and, in the process, you'll find yourself again.