

# Develop an Action Plan of How Reinventing Can Improve Your Life

*There is beauty from within to share.*

## Star Gazer Lily



Intertwined stems  
Pink of heart over reaching  
White purity of spirit  
I move between the worlds  
Of now and fantasy

I want sun  
I want to grow  
I feel the earth  
I move with the wind

My time is short lived  
As I attempt to share beauty  
My energy wains as I grasp for  
tomorrow  
I provide beauty for those who  
seek from me  
I ask for substance in order to  
grow

Looking towards the stars I  
imagine  
What I can do  
Gazing longingly I feel inner  
glow  
I find myself wanting to do  
more  
But I know it is not easy  
Therefore, star gazing makes  
my life elusive ... no more.

After 4 years of working through my recovery process and learning to live with my traumatic brain injury I needed to have a life of meaning again. I found that it wasn't enough to become aware of myself or accept my situation. I learned that I needed to improve my new life and make a new purpose for living again. I kept hearing people tell me that this happened to me for a reason. And yet, I saw no reason as I struggled through medical and therapy

appointments, loss of my job, my horse, my flute playing, and a lot of my friends. I struggled with my body shaking violently, episodes of not being able to walk or talk. I was scared and lonely and all the while I was under the scrutiny of legal hearings over whether or not I was worthy of receiving disability since I could no longer work. And so I decided to come up with an action plan to reinvent myself and improve my life. After all, no one else was living MY life. And if there was a universal “plan” for why this happened to me then I needed to listen carefully, pay attention to the almost hidden signs, and take action to develop them. I wanted to define how reinventing my self could improve my life and this is the action plan I came up with:

- Be prepared to learn how to make attitude adjustments
- Build better personal boundaries, everyone has a right to their own opinion
- Create my own possibilities
- Look for ways to enjoy my life and add more of those experiences
- Dream and imagine...therein lies my hope
- Try many new experiences but be prepared for the universe to keep me within my boundaries
- Develop a desire to move forward
- Get comfortable with the unknown and life’s setbacks, remember, I am just recalculating
- Grow perseverance from within
- Be imaginative, curious and creative
- Do what makes my heart happy
- Give up the idea that what I do has to be big or give me purpose (hopefully that will come on its own)
- Concentrate on learning new skills
- Practice new skills
- Add to this plan or create a new plan when needed
- Be able to say what is important to me
- Volunteer: recognize there is always someone else more in need than myself and do something to change that...no matter how small the gesture

**Journal Prompt:** These are some things that I enjoy in my life and want them to be a part of my action plan for reinventing my life:

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This is how a reinventing action plan can improve my life:

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**Affirmation: I can develop a plan to make my life better and share my beauty.**