

Living the Meaningful Life

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To change one's life:

1. *Start immediately;*
2. *Do it flamboyantly;*
3. *No exceptions.*

William James

It seems like spring semester just ended and it's almost time for fall semester to begin! That whooshing sound you just heard is the sound of summer rushing past!

For those of us who've spent most of our professional lives on college campuses, this time of year brings feelings of both sameness and newness. Sameness because we've been through this many times before. Newness because each time is different. We love the new energy that each entering class brings to the campus. We're glad you're here and we look forward to getting to know you in the coming weeks.

Whether you're an entering student or a returning student, take some time to consider what you want from this new year. Would you like to find a better balance between your studies and your social life? Do you want to move out of your comfort zone and try new things? Or maybe you have a relationship you'd like to strengthen. Whatever change you want in your life, you can't do better than to take William James' advice. Don't be afraid. Don't worry about doing it smoothly or perfectly. Start today and give it your whole heart. If you do, I promise you that your efforts will be rewarded in ways that will amaze you.

Presented by the FSC Counseling Center

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