

# HARVESTING YOUR DREAMS

BY ROBIN YOUNG

Imagine yourself standing on top of one of New Hampshire highest peaks. You look out and see the vibrant peaks of red, orange and gold rising around you and can smell the crisp fall air. After a lot of hard work, you've made it to the top and life is good. Or is it? For many people "the top" doesn't feel all that good. A nagging question often creeps into their thoughts, "What's next?" or "How can I find fulfillment and happiness?"

The truth is more and more people (sometimes unconsciously) are asking themselves these questions as their wealth increases, but their satisfaction and happiness does not. An eighty hour work week in the pursuit of money and prestige is less rewarding when you ask yourself, "Why am I doing this? What is really important to me?"

Boomers have more money and will live longer than any other generation before them and are starting to explore "what's next" as they approach retirement. The prospect of playing golf and vacationing may initially sound appealing but the reality of doing it everyday for

the next forty years quickly loses its appeal.

So how can you harvest your dreams? The first step is giving yourself the freedom to dream. What does it look like when you are happy and living life to the fullest? What gives you passion and energy in your life?

A dream is just a dream without taking the time to plan. A plan is necessary to consider the obstacles and action items needed. What steps can you take today to make your dreams a reality?

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# OVERCOME YOUR FEAR OF SKIING

BY BERTIE HOLLAND

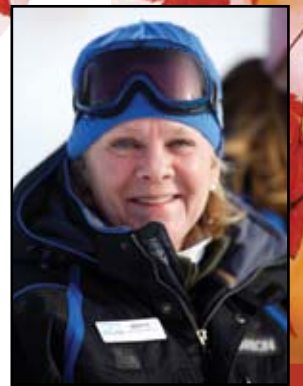
Have you ever gone on a ski vacation with your significant other, expecting some nice quality time together enjoying the outdoors, and suddenly you find yourself at the top of a black diamond in a couple of feet of powder wondering how you're going to survive the week? Do you wish you had been able to convince him to go to the islands because you realize those "expert" skills you had in junior high school are long gone, along with your confidence? Been there, felt that!!

The best way to salvage your vacation is to overcome your fears and rebuild your confidence. Take the plunge...learn all you can about the sport of skiing and put some mileage under those skis. Gain an understanding of the equipment; get your boots fitted properly; and learn how to combine style with functional clothing. Take a lesson from a female instructor who has experience teaching other women like yourself. If available, take a video lesson and talk with your instructor about what you feel and what she sees.

When you feel a little more comfortable and have a little more confidence, explore the mountain. If possible, join a group of other adults at the same level. There is likely plenty of terrain to fit your comfort

level and if you feel adventurous, try something that is a little more difficult, but not overwhelming. Who knows, after a few days you may even be able to teach your significant other a few techniques!

*Bertie Holland is the Snowsports Director at Pats Peak. She is a certified instructor and a Professional Ski Instructors of America-Eastern Division Lifetime Achievement Award Winner. She has been associated with Pats Peak for over 26 years and manages over 250 ski & snowboard instructors. For more information, call 1-888-PatsPeak or visit their website at [www.patspeak.com](http://www.patspeak.com).*



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