

DO YOU REALLY WANT TO DO ANYTHING?

One of my professors from West Point, Jane Holl Lute, went on to become Deputy Secretary General of Peacekeeping for the United Nations. She is brilliant at simplifying and navigating exceedingly complex dilemmas. Over dinner one night she explained her “Opportunity and Regret” Index to me. She said, “For every choice you make there’s an opportunity index and a regret index. You just have to figure out which one is bigger.”

Taking Jane’s advice to heart, and bearing in mind that it’s a perfectly valid choice not to do anything at all, reflect on your issue, your feelings, what you really want and what you are committed to, and respond to these journal prompts:

If I choose not to say or do something, what will I regret most?

If I choose not to say or do something, what opportunity might I miss?

If I choose to say or do something, what is the worst that could happen?

If I choose to say or do something, what opportunity might open up for me?

What do you choose for yourself? For your aliveness? For your well-being?