

Season 2 - Episode # 7

Making choices that completely changed my life direction

Wayne Gibney's point of no return came on a New Year's Eve when his ex-wife's car crashed through the front fence. From that point he made choices that would support his children and himself. This led him down a path of many pivots that catapulted him into new ways of living and loving his life with all its ups and downs.



Top Tips

Simple Steps to Action

Ask for help.

Instead of waiting to feel overwhelmed simply tell someone you trust what you are going through and ask for help. Chances are that if you do then most people will say yes.

Don't beat yourself up

Understanding that if you are alive then bad things can happen is a step in the right direction. Asking, "what is the one thing I can do to look after myself right now?" instead of beating yourself up when they do go wrong.

Enjoy every moment

After an accomplishment or something good happening take just 1 minute to sit with the experience and enjoy it. Too often we rush from one experience to the next without appreciating where we are right now or how far we have come.

Facebook:

<https://www.facebook.com/pages/category/Musician-band/Alp-Luachra-291166144863790/>

LinkedIn: <https://www.linkedin.com/in/wayne-gibney-27a1491b4>

Link to Music: [Bealtaine on the Hill of Uisneach 2021 - Bing Video](#)