

## What Now?

Early in our lives, when we are finding our path or career, things seem so unfocused. Many of us later in our lives would never have imagined where we would end up along the paths we had traveled.

Now that I'm retired from Professional Dancing, winning my share of championships, awards and accolades, there is that feeling of feeling incomplete or not achieving everything I wanted to, bringing me to a What Now feeling.

Initially we experience a void or emptiness of purpose. Like when one finishes a road tour or show. We come home and crash. What now?



I remember when I first closed my studios here in NYC. After so many years of having a home base a building. The first several months I felt homeless like I had no stability, nothing to define or identify myself with. But I moved forward and onward.

For me, I have recently started a [BALLROOMOLOGY.com](http://BALLROOMOLOGY.com) website where I'm archiving the history of Ballroom Dancing around my mentor Bob Medeiros and others who he competed with, as well as their predecessors. It has been a very challenging and rewarding experience as well as an informative journey traveling back into my past.

One of the outcomes is seeing myself and others accomplishments in a different and more appreciative light. Another take away is that we all still have purpose and to be prepared to change our life's path yet again. Maybe even as a second career that has the potential to be as rewarding if not more than our last experience.

Even celebrities have these What Now experiences. As they get older they no longer get the younger cooler roles, but now get the parent, grandparent or no roles at all. May their show ended, and so did their careers.

Michael J Foxx must have thought "What Now" after being diagnosed with Parkinson's Disease. Moving forward he now uses his celebrity status to promote awareness about his condition.

Farrah Fawcett who retired from acting because of her rectal cancer documented her life with cancer revealing a life usually hidden so we could be made aware.

As a retired Champion Dancer my career also has had its “What Now” moment. But I have been fortunate enough to find something productive to keep moving forward in a positive way. Be it teaching Yoga, Pilates, helping animals or the Ballroomology website. One has to be ready to adapt to our circumstances for when that “What Now” time comes. Then we will be prepared to turn it into something good and productive. Be ready for the unexpected when the opportunity presents itself in a form you would have never imagined. Don’t hesitate to take that leap of faith. Embrace it. And as you jump remember “What Now?”



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