


The Journey Called YOU

A Roadmap



to Self-Discovery and Acceptance

Julie Fuimano, MBA, BSN, RN

Nurturing Your Success Publications

© 2005 Julie Fuimano, MBA, BSN, RN.

Printed and bound in the United States of America.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by an information storage and retrieval system—except by a reviewer who may quote brief passages in a review to be printed in a magazine, newspaper, or on the Web—without permission in writing from the publisher.

For information, please contact Nurturing Your Success Publications,
Chester County Commons, 4 Mystic Lane, Malvern, PA 19355.

Although the author and publisher have made every effort to ensure the accuracy and completeness of information contained in this book, we assume no responsibility for errors, inaccuracies, omissions, or any inconsistency herein.

Any slights of people, places, or organizations are unintentional.

First printing 2005

ISBN 0-9765605-3-4

LCCN 2005923284

ATTENTION CORPORATIONS, UNIVERSITIES, COLLEGES, AND PROFESSIONAL ORGANIZATIONS: Quantity discounts are available on bulk purchases of this book for educational, gift purposes, or as premiums for increasing magazine subscriptions or renewals. Special books or book excerpts can also be created to fit specific needs. For information, please contact Nurturing Your Success Publications, Chester County Commons, 4 Mystic Lane, Malvern, PA 19355; (800) 977-6878; www.TheJourneyCalledYOU.com.

Table of Contents

Foreword	ix
Preface	xi
Acknowledgments	xv

Chapter One

Starting Your Journey	1
<i>Understanding the Journey of self-discovery and acceptance and how to read the book.</i>	

Chapter Two

Getting to the “Who”	9
<i>In order to start the journey into who you are, you need to understand what is meant by “who.”</i>	
What	
<i>A Walk Through the Clouds: Minimizing</i>	
Why	
<i>A Walk Through the Clouds: The Blame Game</i>	
<i>A Walk Through the Clouds: The “Why Me” Trap</i>	
How	
Coaching Note: Understanding Commitment	
Who	
Coaching Note: Teaching Children to Make Good Choices	
Coaching Challenge	

Chapter Three

You Are a Puzzle 31

Learning the art of self-discovery.

Pieces of the Puzzle

Without Judgment

A Walk Through the Clouds: The Ego

See Yourself as You Are (aka The Reality Check)

A Walk Through the Clouds: Denial

A Walk Through the Clouds: Avoidance

The Journey to Self-Wonder

Coaching Note: Receiving Compliments

A Walk Through the Clouds: Personal Needs

The Picture in the Puzzle

Coaching Challenge

Chapter Four

The Quest for Freedom 46

Understanding how you learn to live based on rules defined by others.

Societal Rules

Understanding the Rules

A Walk Through the Clouds: The Game of 'Should'

Checking in on Habits

Exercise: The Shower

The Young Adult Shift

A Walk Through the Clouds: People Pleasing

Coaching Note: Being Responsible for Children's Actions

The Unwritten Rules

A Walk Through the Clouds: Limiting Beliefs

Challenging the Rules

A Walk Through the Clouds: Fears

Coaching Challenge

Chapter Five

A Vision for Success 68

Understanding success and what it really means for you.

Coaching Note: What is Vision?

A Walk Through the Clouds: The Scarcity Mentality

The Pursuit of Stuff

A Walk Through the Clouds: Deservingness

The Internal Rewards

Four Areas of Realization

The Mind

Physical Environment

Spiritual Intelligence

Emotional Intelligence

Setting Your Course

A Walk Through the Clouds: Getting Out of Your Own Way

The Inner Shift

A Walk Through the Clouds: The Quick Fix

The Path to Success

Coaching Challenge

An Interlude

A Story From The Journey Called ME 93

Chapter Six

The Time of Your Life 103

Learning to respect the time of your life.

Time Enjoyment Model

A Walk Through the Clouds: Discounting Your Knowledge

Exercise: Living the Life of Your Dreams

Clearing Your Path

A Walk Through the Clouds: The Busyness Trap

A Walk Through the Clouds: The Adrenaline Lifestyle

Invest Your Time

Coaching Note: Understanding Procrastination

A Walk Through the Clouds: Perfectionism

Setting Bold Limits

In the Scheme of Things

Coaching Challenge

Chapter Seven

The New Rules: Honor Yourself 128

Creating new guidelines for honoring your highest self.

Putting Yourself First

Coaching Note: Permission

A Walk Through the Clouds: The Inner Critic

Speaking Highly of You

Coaching Note: Self-Esteem

Saying Yes to You

Raising Your Standards

Teaching Others to Honor You

A Walk Through the Clouds: Ineffective or Nonexistent Support

Living in Integrity

Experiencing Your Feelings

A Walk Through the Clouds: Default Feelings

Coaching Note: Without Emotional Charge

Eliminating Struggle

A Walk Through the Clouds: The Square Peg in the Round Hole

Creating Space

Exercise: "Squeezing the Lesson": Integrating the Lessons of the Past

It's Not Personal

A Walk Through the Clouds: Taking Things Personally

Gratitude

Coaching Challenge

Chapter Eight

Living the Journey 160

Learning to trust yourself.

Getting Out of Your Head

Integrating the Head and Heart

Being Present for What Is

Finding Your Truth

Faith and Trust in the Universe

A Spiritual Experience

About the Author 174

Foreword

by Lori M. Weiner

I remember it so clearly: It was four years ago. She called me after being laid off from her third job. “This doesn’t feel right,” she said. “I’m meant to be doing something more. What do you think I’m meant to be doing?”

Here’s someone, with more initials after her last name than I have letters in my first name, asking me what I think her career path should be. The first words I spoke were “You are great at helping others.”

It’s a passion she has, a gift you might say. She likes to challenge people, have them think about reaching the next level of their life’s journey. After all, the last several years she spent in human resources, talking with people about their careers. Now it was her turn to take her career to the next level.

My sister, Julie Fuimano, opened *Nurturing Your Success* in 2001. It was a perfect name for the business she wanted to develop. She was going to make this journey work. Through determination, life’s experiences, and focus she was going to succeed.

This book has been in Julie’s thoughts for quite some time. She wants you to challenge yourself, believe in yourself, and see all that you are and reach for what you are meant to be.

Take your time while reading this book. It is not a novel to race through. Spend time at the end of each chapter answering the questions. Remember this is the road of discovery to YOU. Some of the questions will be internally difficult to face. Face them head-on, with ambition and determination.

You are worth it!

Soaring

by Lori Weiner

It was a clear day
Showing off a very blue sky.
I could see for miles and
Could picture myself flying—soaring.
I did not know then where
This journey of flight would take me.
But I felt calmness.
And then it appeared.
It appeared so clearly,
The truth right in front of me.
This journey was me—
Me trusting me.

Preface

“You are so much more than you will ever know. Spend your life wondering over the most important asset in your life—you.”

Throughout our teenage years, we begin our quest for finding our identity and getting to know ourselves: Who am I? Who am I going to be? What will I do with my life? How can I learn to be myself and to accept myself? And is that going to be good enough? Will I be able to live up to the expectations that others have of me?

That’s when my journey began. When I entered my teen years, I started wondering what this thing called ‘life’ was all about. “Why are we here? What am I supposed to do? How does one do this *life* thing and how will I know if I’m doing it right?”

Because no one else was asking these questions publicly, I thought I was the only one who didn’t know. I thought the mystery to life was this big secret and I was being kept out of the loop. I spent years doing things the wrong way, losing myself to drugs and living my life completely off course. I knew there was another path—a better path—for me to travel, but someone had forgotten to give me the roadmap or any clear instructions. I had absolutely no idea how to find this path and worse, I had no idea of the destination! Drugs were one way I could escape the confusion inside me, even though I knew this wasn’t the life I wanted to live. After all, the only place drug use gets you is into an early grave. I just didn’t know who I was or who I wanted to be. And I didn’t really know how to be comfortable with myself.

The teenage years are a time for determining your identity, discovering who you are. It’s no wonder that so many people fumble during these years. Many adults are still asking these very questions, so how can we expect our kids to learn if we’re still struggling with our own identities? Peer pressure, parental pressure, academic perfor-

mance as well as competition in sports and other clubs easily distract you from the inner work of discovering the kind of person you want to be. You're so busy "doing" and performing that learning how to "be" is just something that's not discussed. And even though you might have an idea of who you are, when you're that young, how do you learn to listen to your own heart when everyone is telling you what to do? Without a guide, mentor, role model, or coach, it's extremely difficult to come through the teenage years unscathed.

For me, the early twenties were bewildered years; I floated through my first college degree trying to find something that I liked. I chose a college that had some 30,000-plus students so it was easy for me to get lost in the crowd. I had no direction or clear identity; and I felt very alone. It took eight long years to finally complete my first bachelor's degree in business administration after changing majors at least four times. I thought that I had to know what I was going to do with the rest of my life in choosing my degree. I wish someone would have shared that this was just the grounding I would need to get started. The adult world was still so new and I didn't yet know how to navigate my way.

As a young adult, you experience a shift where you realize that you're an adult and everything that word signifies becomes true. It's at that moment when you discover you're just like everyone else. You're no longer a child—you've entered the next stage of life. You must accept responsibility for yourself, for your life, for your choices—for the direction your life takes. You are free to do whatever you want (or whatever you *think* you want) and to chart your own course. This is a profound moment for people and one that's often unacknowledged and not celebrated. What age you are when this occurs is not nearly as important as the moment in which you embrace who you're becoming in the continuum of life.

The other big shift that occurs during your young adult years is the shift from seeking the approval of others (usually parents or other authority figures) to approving of oneself. This shift is often delayed and many people find themselves still seeking outside approval for the choices they make well into their thirties, forties, even fifties. Clearly, the sooner you can make this shift, the sooner you start living your own life and take back your power to create the life you want, rather than what other people expect for you.

Years passed and I learned more about me. After all, you can only learn so much from watching others; I was the one person who went with me everywhere I went. I was interested, always curious for “the answer.” I held many jobs and had many experiences. I went from one thing to another, always searching and never quite feeling like I belonged. I always felt different and I always felt like there was so much more to me if I could only find where I supposed to be so I could let it all out! When I was young, this feeling bothered me so I pushed it aside and hid it from others. I held myself back and kept things to myself because I thought there was something wrong or bad about my feeling this way or about my being different—if that was even true. (It occurred to me that this feeling may simply be an illusion. It’s also possible that other people may feel this way too.) I didn’t feel comfortable confiding in anyone and since no one else was talking about feeling different, again, I thought I was alone. Hence, I kept moving, taking job after job, still searching for answers outside myself, always wondering what this “life thing” was all about.

There were other things that changed for me as well during my twenties. I started to slowly believe in myself. I had experienced some achievements and some small successes. After my first degree, I decided to go into psychiatric nursing and pursued an associate and a bachelor’s degree in nursing, graduating with honors. I have a passion for helping others unleash their greatness and at the time nursing seemed to be the best path. It turned out to be a perfect place to play—to learn my craft and develop my skills. I continued my formal education, receiving a master’s in business administration.

I realized along my way that no one has all the answers to life’s questions and the answers that seem to work for one person may not work for someone else. The reality is that each of us has to find our own path.

As I got older, I knew that I needed to find a way to let more of myself out. Over time I realized that I wasn’t getting the answers from outside of me. I needed to find a way to accept myself as I am and to treat myself with greater respect and compassion. After all, life is a gift and it’s up to me to figure out what I was meant to do with that gift. There is a reason for my existence at this time in history. I have a right to be here; I am no different than the trees, the stars, and the animals. I learned that I am okay—regardless of who I am—dif-

ferent or not. I was—and still am—determined to discover who I am and to become all that is possible for me in this lifetime.

Once I became okay with myself and once I knew that it was all right to be me—whatever I discovered to be true about myself—I gave myself permission to be me regardless of what others thought of me. At this moment, the world looked different to me and with this shift in perspective, I was different. I was bolder and more determined.

This book is the culmination of all of my searching. It's the journey that I uncovered to allow myself to be all there is of me. Oh, I'm hardly done; this book is just the start. This book provides you with the tools *you* need to discover and accept *yourself*, to be okay with who *you* are so you can live your best life. Once you have the tools to find your way, you continue to use them to learn and discover, grow and evolve, as a person. Each day is new and yet when you know how to be yourself, how to honor yourself, and how to be the best “you” you can be, then each day is a journey into authenticity.

You are a child of the universe. You are wonderful! And you deserve to have a great life. As you read through this book, you will learn how to know yourself, to accept what is, and then learn to make choices that honor your highest self. By reading this book, may you discover the art of wondering about you and may you find the peace, love, happiness, and fulfillment you desire all the days of your life journey.

Starting Your Journey

“To be what we are, and to become what we are capable of becoming, is the only end in life.”

—Robert Louis Stevenson, poet, novelist, and essayist

Who am I? Why am I here? These questions have been pondered and explored by philosophers throughout the course of history. They’ve been debated and studied. In fact, in our own way, each of us must also answer these questions for ourselves.

So many of you are searching for your *own* answers. So many of you are working beneath *your* potential, knowing that there’s more that’s possible for you but perhaps not knowing *how* to find your path. So many of you are living unhappy lives—unhappy with your work, your kids, and your relationships not realizing that you have the power to change your situation. So many of you still ask the question, “What should I do when I grow up?” Not understanding that wherever you are on the continuum of life, you’re simply still searching for yourself.

Perhaps you’re asking the wrong questions. Perhaps instead of, “What should I do when I grow up?” the question you need to ask is, “*Who am I?*” and, “*Who do I want to be?*” The more you uncover and understand *who you are*, the more you understand life, and the easier it is to see what you’re meant to do.

What you seek, what you long for, is to understand how to participate in this thing called “life.” You want some assurances that you’re doing it right, and you don’t want to reach the end of your life realizing

that there was another—perhaps a better—way. You also want your life to mean something. You want to make some kind of difference while you're here. And you want to find happiness and personal fulfillment.

Happiness and personal fulfillment, as well as knowing you're living "right," cannot be found outside of you. It cannot be found in the eyes of someone else or in the possessions you accumulate. It cannot be found by comparing what you have to what someone else has. In fact, it cannot be found in external possessions. It can only be acknowledged *within* you. It's found in the day-to-day pleasures that you experience. It will be found on your deathbed when you can say, "I did it well." I don't know about you, but I think I'd rather gauge how I'm doing by how I feel on a day-to-day basis than wait until I'm on my deathbed!

No one knows what makes you happy except you. Everyone has different likes and dislikes and everyone finds happiness in different ways. The more you discover yourself and allow yourself to pursue what makes you happy, the more you maximize the results you achieve, the joy you experience, and the difference you make in the world.

The paradox of life is that for it to mean what you intend, for you to be fulfilled and happy with what you've made of your life, you need to take every moment seriously and eliminate the things that stand in your way by focusing on what you ultimately want to accomplish in your lifetime. And at the same time, keep it light, effortless, and learn how to play so you get the most enjoyment out of your time here. Sounds simple, doesn't it? Simple, yes; easy, no.

"Life is not holding a good hand; Life is playing a poor hand well."

—Danish proverb

Similar to a card game, in life you are dealt a hand that includes a body, a mind, parents, and perhaps some siblings as well as your socio-economic level, environment, culture, and geographic location—all of those things each of us starts out with that are unique to our situation.

Then, you learn how to play. You use your hand and make moves that bring you enjoyment. If a move causes you pain or suffering, you choose a different path. Or maybe you don't. Maybe you think that's just how the game is supposed to be played not realizing the power you hold in your ability *to choose*—to choose a different move or to play an entirely different game.

Whatever you learn through your childhood is supposed to prepare you to live as a responsible adult. But what does that mean? And does “responsible adult” include happiness and personal fulfillment?

That’s what makes identity and personal fulfillment so challenging to discuss. After all, most people don’t grow up learning to discover themselves; you’re supposed to do that during your teenage years. You’re taught to get a job so you can move out from your parents’ home and pay your own way. But it’s not like you wake up on your twentieth birthday with all the answers of who you are. The focus on creating a career, making money, and having a family has to include self-discovery and personal growth in order for you to experience the fulfillment you long for. Parents do the best they can while you are a child (which may or may not have been what you *wanted*) and then leave you to do the rest, which continues for as long as you live. You need to learn what it takes to feel comfortable in your own skin.

Focusing on your own personal development is the greatest gift you can give the world. By focusing your life on learning all there is to know about you, you not only discover the world within you but you also learn the awesome nature of life. The things that make you special and unique are waiting for you to discover and acknowledge so you can share them with the rest of us. And by cultivating your gifts and talents, you give yourself permission to focus on what is best about you, bringing you the most joy that is possible while giving the best of you to the world. By focusing on you, you shine your light on the world.

How do you go inside yourself? How do you travel within yourself, within your soul, to find the answers you seek? How do you find the courage to then make decisions based on your own personhood and not follow the predetermined paths that others will tell you are right for you? How do you learn to use your feelings to guide you toward your own sense of right and wrong and of happiness and fulfillment so you know you are living “right” *for you*? This book will show you how. *The Journey Called YOU* is a guide for traveling within, for understanding yourself and accepting yourself so you can make decisions every day that move you closer to the happy and fulfilled life you seek.

The journey itself is your life; the sooner you start your journey within, the sooner you can create the life you love. The goal of all life is to live it well, accomplish what you want, and make a difference so you know your life has meaning.

Your mission for playing along in *The Journey Called YOU* is to discover your gifts, develop them, experience them, share them with the world, eliminate anything that holds you back or stands in your way, and enjoy yourself along the way. You will learn how to use your personal power to free yourself to be *you*. You are the most important person in your life! Without you, what do you have?

There's nothing to fear in playing a game of self-discovery and acceptance. Be fearful of reaching the end of your life without really knowing yourself and the possibilities of all you could've been if you'd have seen and explored more of *you*.

There are people who enjoy living mediocre lives. These are the people who fear life—and by not truly living, they fear death. These people will try to hold you back, not wanting you to break free to experience all that's possible for you, out of fear and out of the sheer desire to maintain the status quo. Throughout this book, you will learn how to create boundaries to protect you from these naysayers and how to overcome your fears of greatness.

Yes, greatness. You possess greatness—we each do. It is your job—your life's purpose—to discover your greatness and share it with the world.

There are others who are not on the same evolutionary path as you are. You need to know that where you are is perfect and where they are is perfect. You experience much less stress if you stop judging others and yourself, stop wishing things were different, and accept people as they are. You cannot change anyone else. The only person you can change is you.

When you focus on *you*, you actually raise the bar for others. By learning to overcome the obstacles that are in your path, you can teach others to do the same. By no longer tolerating people or things that get in the way of your experiencing happiness and joy and by learning to challenge the rules set by others and create your own rules, you set a higher standard for you and for people interested in spending time with you. As you learn this path for yourself, you become a role model for others.

It starts by giving yourself permission—permission to experience joy every day, permission to feel good all the time, permission to do just those things that you enjoy, permission to let go of struggle, permission to eliminate the obstacles that stand in the way of success, permission

to be successful and enjoy your success. It means you'll need to keep an open mind and recognize that in order to get different results in your life, you need to start doing things differently. Be open to the exercises in this book. Be open to explore yourself.

The fact is that by *not* knowing yourself, by keeping yourself hidden, you are actually more vulnerable to hurt and pain. It's when we deny the things we need the most—to understand and acknowledge our feelings, to be who we are—that we become vulnerable to personal attacks from others and to stress. When you accept everything there is to know about you, nothing and no one can hurt you. When you learn to use your body and emotions to determine what is best for you and you base your decisions on your intuition and on honoring your integrity, you transcend vulnerability and become almost invincible as you open yourself up to be authentic, pure, and genuine. Your feelings and emotional energy become the guides for your behavior, and you learn to respond in ways that honor you and others around you.

The tools in this book present a way of wondering about yourself. It's wonder with a purpose. And it's not just for you to play but also for you to play with others including your employees, your children, and your spouse—to help them to learn more about themselves. It's a game of self-discovery and self-acceptance.

Self-discovery is not a chore; it's a game. It is fun and exciting. It's a game of wonder! And if you play the game, you're always a winner. You only lose when you choose not to play. You know people who aren't interested in learning more about themselves. These are the people who are blind to how they impact others around them. They come in like a tornado, leaving destruction in their wake. People who choose not to play, who are not open to discovering and improving themselves, hurt not only themselves but do the world a disservice too, because we will not benefit from seeing and experiencing the best of them. If you have someone like this in your life, remember, you cannot change him or her; you can only change who you are with this person. You can learn how to be the best you can be in spite of this person's level of personal development. In fact, people like this are often your greatest teachers, causing you to stretch yourself to communicate more effectively, ask directly for what you need, set limits on the behaviors tolerated by others, and spend time with people who are more interested in developing themselves.

Through the book you will learn methods to get to know yourself at a deeper level and to accept the person that you are. It's not about boasting; it is about uncovering the greatness that is within you and letting it shine through. It's about being who you are already and who you have the capacity to become. The fact is that you already *are* wonderful. Don't you want to discover *how* you are wonderful and *all* that's possible for you to become?

Boasting is a way for people to feel good about themselves. This behavior implies that they don't feel good about who they are and therefore seek validation from others. Boasting usually occurs when someone puffs him- or herself up at the expense of someone else. People who are comfortable with who they are have no need for boasting. They speak from a different place—humble, yet confident.

Discovering *who you are* is a process that requires an investment of time, energy, and openness. It also requires a commitment to become nonjudgmental and compassionate with *you*. It requires you to think differently so you learn to behave differently.

So, *who are you?* And how do you get started? First, you need to understand what constitutes the “who.” What does it mean when I ask you to discover “who” you are? And how can you learn to consider the “who” in your daily activities?

In Chapter Two, you will learn what I mean when I refer to the “who.” Rarely are the conversations you have with people focused on discovering and developing yourself. You need to learn how to venture into this territory. Discussions about *who you are* sound different and have a different impact from what people usually focus on. In order to begin *The Journey Called YOU*, you must know how to access this deeper level.

Chapter Three describes the self-discovery process and starts you on your way to exploring you and your nature.

In Chapter Four, you learn to break free of the rules and the conditioned behavior you learned when you were young. Separating from the rules you were taught and that developed your early belief systems is necessary for you to set yourself free to live your life in the way that brings you the most joy.

Chapter Five guides you through identifying and establishing your own vision for success. Afterward, you will read through a personal

story from “The Journey Called ME” that helps to integrate some of the learning that’s taken place so far.

In Chapter Six, you are introduced to the Time Enjoyment Model™ so you can learn to use your time in the way that maximizes who you are.

Chapter Seven teaches you what you need to know to live every day in a way that honors the best of who you are in order to maximize the life you create on your journey. By learning to honor the wonderful person you are and living in integrity, you establish new rules for living a life that works for you.

In the final chapter, Chapter Eight, you’ll learn what it’s like to live “The Journey.” There are several quotes from clients in this chapter who have evolved through coaching to the point where they are beginning to live their own “Journey.”

All client comments, stories, and names have been modified for use in the book.

To get the most from reading this book, I recommend you keep a journal so you can write your responses to the questions posed, do the exercises at the end of each chapter, and address anything that might come up for you as you read through the book. Focus your journaling on what you experience—any emotions, thoughts, or ideas that come up as you read or the identification with any of the obstacles presented throughout the book. A journal is a safe place for you to explore and express your inner world.

Please keep an open mind as you read through the book. There may be lots of learning that takes place for you, so go at your own pace. This is not like reading a novel; you may need to read this book in bits and pieces. Set aside some quiet time each day to read a bit and process what you’ve read. When you’ve completed the book, go back and read it through again for more thorough learning. Your experience will be different the second time around. This is not easy material to master. Give yourself time to master living *The Journey Called YOU*. The good news is that your journey lasts a lifetime.

There are many obstacles we each face as a part of life. These obstacles are often referred to by my coaching clients as “clouds” that obstruct the path or hold you back from where you want to go. Obstacles are not walls; they’re like fog making it difficult to see your way clear, meaning you just need a guide to lead you through this mist. For

this reason, the obstacles presented throughout the book are introduced as “A Walk Through the Clouds.” Each “walk” you take not only identifies the obstacle but provides you with the tools needed to move beyond the impact of the obstacle so you can make your way clear of the cloud. You have the power to walk through these clouds; I will teach you how to access that power. Clouds are distracting because you focus on the obstacle rather than what’s beyond. Living in the midst of clouds is draining and time-consuming. Together, we’ll move through the clouds so you can see your way clear to create the fulfillment and peace you desire for your life journey.

At the end of each chapter, you’ll find a coaching challenge offering several questions for you to ponder. Use your journal to consider your answers to these questions and enjoy the inquiry. As your coach for *The Journey Called YOU*, I am your partner. Feel free to contact me with questions, comments, or simply to share your revelations. I’d love to hear from you. Email me at Julie@NurturingYourSuccess.com.

“If I am not for myself, who will be for me? If I am only for myself, what am I? If not now, when?”

—[Rabbi] Hillel