

This Is How You Know You're Doing The Right Thing With Your Life

[BY REBECCA THOMPSON](#)

Am I doing the right thing with my life?

This is a question I have been asking myself for months and talked to quite a few people about. For me, the question comes down to the fact that I am trying hard to do the right things and to live without regrets. You only live once they say. What's worse is that it's taken a lot of work to be where I am. Perhaps you're looking for a sign that you need to start your journey.

In my life, I know (in part as an INFP-T/Mediator) I want to make a difference and be a part of causes that mean something to me. To be able to leave my influence in the world. I've been thinking so much about this and worrying that I'm not making the right decisions.

This usually happens when people in my life – whom I'm extremely proud of – are being told by others that they are making the “right decisions” with all the opportunities they are getting.

Even though it is the right decision for them, it's been hard to remember that my path is valid, too.

I am not jealous of what they're doing, but if their path is “right”...it can make me feel that mine might not be. And even though reminding myself constantly was helping to an extent,

it still really wasn't working.

Until...I heard an episode of "The Guilty Feminist." It is a comedy and social action podcast I have been listening to for a while and I always come away from it feeling empowered. In a recent episode, there is a bit where one of the comedians says that she loves being on the podcast but because they always have such brilliant people on it who are creating real innovative change, she feels she does not have a good job. And this is how host and comedian, Deborah Frances White, responded to that:

"If you do your bit for [the world] well – I know we can sometimes feel like we're clowns – but if you do your bit for [it] well, and you keep showing up, you will have your impact. And I think that's what you have to remember: your job might not be a public job, your job might not be a job where people call you a hero all the time, but if you keep showing up, and you keep expressing [your] values and keep being kind, and you keep trying to pull people up within that (even the ones that make your life difficult), you do have an impact and you will leave this world a different place. And hopefully not too soon."

Well, this changed everything for me. It helped me realise that even if I'm not doing amazing social justice warrior-hero things all day every day, my little actions might make a difference. Even if I don't change the world today, I might make my little contribution.

So, am I doing the right thing in my life? I think so.

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[For more self-study, The Urban Howl recommends 52 Ways to Live a Kick-Ass Life: BS-Free Wisdom to Ignite Your Inner Badass and Live the Life You Deserve](#) .

Sip a little more:

*Slow Down, Love – And Learn To Be Okay With Not
Being Okay*

"There is no time
more important
than now to drop
in and listen. To
each other, to the
land, to the rhythms
of our hearts."

LAURA LARRIVA

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#LITTLEACTIONS

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