



Get more of what you want and less of what you don't, both personally and professionally.

## Interview with Kinga Augustyn

*“I am in charge of my life.”*

### Connect with Kinga!

Click here for Kinga's Website:

<https://kingaAugustyn.com/>

Click here for Kinga's Instagram:

<https://www.instagram.com/kingaviolinist/>

- **Kinga discusses how when she was just 18 years old, she left Poland to study music at The Juilliard School in New York City. It wasn't her original plan; she was already studying at a different college in Germany! In fact, she wasn't sure she wanted to return to The Juilliard School after her first year, she made the choice to stay and it has worked out well.**
  - Has there been a time in your life where you had a tough time making a decision because you were not sure how it would all turn out? How has Kinga's story inspired you to take that first step?
- **Kinga says that she is in charge of her life, and that while she has many choices the choices she makes it is ultimately her decision. Her life, her decisions, her responsibilities, even if they lead to unexpected detours!**
  - Do you remember a time where you felt paralyzed to make a decision because you were afraid? Reflect on how Kinga's story can help you move forward even when you are unsure or afraid.
- **Vague experiences come from vague visualizations and plans – not knowing exactly what you want. Kinga explains how important it is to know what you want and go after your dreams. She shares that she has learned that she doesn't need to know exactly how she is going to get somewhere, but when she know what she wants it will help her make better decisions and ultimately get her closer to her goal**
  - Reflect on what goals you have for your life. What is something you want to achieve in the next year? What about the next 5 years? 10 years? Write this down.

- If you're not sure what you want out of life, take a listen to our "Power of Purpose" podcast episode which is filled with great tips for helping you discover your life's purpose.
    - <https://positiveforwardmotion.libsyn.com/power-of-purpose>
- **We need to trust our intuition and make our own decisions for ourselves. Kinga says that when she lets others make decisions for her, it throws her off her path and creates uncertainty in her visualization of what she wants, which leads to vague unclear results. She explains how it took her a long time to learn not to listen too much to what others say to her, and that there is a place for everyone.**
  - Has there been a time in your life where you let other's make important decisions for you, and it led you down a path you didn't choose for yourself? Use this as a learning experience so that next time you are faced with a similar situation, you can stand up for yourself and make your own choices.
  - It is never too late to make your own decisions, listen to your intuition, and make your own place for yourself without listening to what others are saying! Start today!
- **Kinga explains that while she grew up believing she had to make her goals and dreams happen all on her own, she also could not have gotten to where she has without the help of certain people along the way.**
  - We are the sum of who we surround ourselves with. Surround yourselves with people who provide value and will not interfere with your goals, but rather help and support you along the way.
  - Reflect on the relationships you choose to keep . Are there people who make you feel more bad than good? Perhaps it is time to "un-choose" them!
- **When we have the luxury to make choices for ourselves, when no one interferes in a way that is not positive, we follow the path of what we want and who we believe that we are. Kinga discusses how she always knew that she wanted to be a violinist.**
  - Ask yourself: If you were making the choices for yourself with no interference, what would your life path be?
  - What would you choose to do if you knew you would succeed?
- **Despite her love for the violin, Kinga has other interests as well, such as Quantum Physics. She discusses how learning Quantum Physics since the pandemic started in 2020 has helped her stretch her brain, and even helped her music despite seeming unrelated.**
  - Is there something you have always been curious about that you'd love to learn more about? Just because it isn't "your path" doesn't mean it won't be beneficial to learn, especially if it brings you joy and fulfillment!
    - Look into online learning websites such as [www.udemy.com/](http://www.udemy.com/) or [www.coursera.org/](http://www.coursera.org/) to see what classes and courses are offered in your desired subject!

- **Kinga wants the audience to know: “You already have what you need to achieve what you want. You just have to go for it!” We have the tools it takes, and we just need to listen to ourselves, our intuition, and follow our dreams!**
  - There is no need to wait, because as you move forward in following your dreams you will continue building!
  - Reflect on your dream. Are you currently working towards it? What is one thing you can do today that will bring you one step closer to that dream? Do it right now today!