W e live in a world we think will always be here. But the truth is, one day it’ll all be gone.

Just a week ago, news broke out that AirAsia lost a plane carrying 162 passengers. Last year, Malaysia Airlines lost two planes, with one still missing. These quick, very real events are proof that our lives are fragile and we are all living on borrowed time.

Thinking about death is sobering, isn’t it?

However, we are all seconds, minutes, months, and (if we’re lucky) years from when we have to say goodbye. We begin to forget that our lives are fragile and we are all seconds, minutes, months, and (if we’re lucky) years from when we have to say goodbye. We begin to forget that our lives are fragile and we are all living on borrowed time.

To often we allow today’s troubles and yesterday’s scars to keep us from living our purpose and leaving our legacy. We put off our dreams for another day. We grow into adults and forget to bring curiosity and imagination with us.

Let fear and complacency rule our minds.

We begin to forget that it’s the space between that matters. It’s the people we choose to put in our circle, to learn from, and to laugh with that define this “space”. It’s the work we do that shapes and to connect them to other people or ideas that ultimately lead them to make great things happen. My personal tagline is: connect, share, grow, and improve.

What am I doing this? Well, my work and the people I choose to put in my life are linked to the legacy I want to leave.

My friend Shantera’s legacy is to be a giver of love, good vibes, and strength.

I met Shantera several years ago through a professional organisation. She then honoured me by inviting me to speak at her women’s conference, an event that brought women together to empower them to the next level in their lives. Last June, she launched PowHer Play, an intimate circle of people who met to connect to have small, meaningful conversations that we don’t have today. Shantera is living and leaving a legacy of giving love, good vibes and strength. She loves to give, to connect, and to serve. I’m grateful to have her and her work linked to my legacy.

My Twitter buddy Elizabeth South’s legacy is to impact others through her music.

I wrote about Elizabeth just after last year’s Oscars. We “met” on the #Oscars channel when I tweeted about Frozen’s #LetItGo. (I know, the Internet is an amazing place to connect, isn’t it?)

Elizabeth is a successful songwriter and teacher who is oozing with talent. Additionally, she’s a beautiful woman with an amazing voice. Go have a listen if you need proof. Better yet, buy the MP3 and share it with someone who needs to hear something beautiful.

The greatest thing about leaving a legacy is that you have the chance to begin working on it today.

Yes, in this moment, you can decide what it will be. Your legacy can change and evolve. It just takes the courage to stand for something, own it, and embrace the opportunity to leave your mark in this world. And then, do it!

Do you want to solve a problem? Do you have someone in your life you want to influence? It’s time to stop thinking and start doing. We’re only given one life! Seize the opportunity now.

When I got sick last year, it woke me up to the life I needed to live. I was going in to work every day and going home disengaged, disheartened, and disappointed. And while I am thankfully home disengaged, disheartened, and disappointed.

Happy 2015! May this be the year you create your living legacy.

Kate Mehnert is a global talent development and change executive with 17 years of helping people and companies get curious, connect, share, grow and perform better. She has recently been appointed CEO of Pink Petro; www.pinkpetro.com, a platform to connect women and men in the energy industry and advance females in her industry. Prior to her latest venture, Kate was a Director with BP after joining the Deepwater Horizon incident and worked in various leadership roles worldwide with Shell. She’s a dynamic speaker and author having been featured in LinkedIn, CEO.com, Business Insider, and Yahoo. As a work-in-progress marathon runner, wife and working mom, you can follow her musings on balancing it all on her blog at www.katiemehnert.com, or email her at katie@katiemehnert.com.