

Life is a Journey

Life is a journey, not a destination; it is not set in concrete. Life as the name implies has movement and growth in it. Growth involves change and challenge. Both can be difficult.

Change as a challenge can create a lot of fear and many choose not to face the fear and remain stuck, enduring instead the pain of staying the same to the discomfort of embracing something new.

How do you feel about creating change, doing something new?

Do you embrace change or do you become paralysed by the thoughts of doing something different. Do you avoid situations that challenge you? What does it cost you when you allow fear to rule? Do you know what your response is to challenges and change?

Sadly, some people have very difficult and challenging lives, yet amazingly, they are the ones that seem to make the strongest and most powerful responses to their situations every day.

Then there are people who *think* they have a difficult life, and behave as if absolute disaster is all about. Choosing instead to complain about how awful and unfair life is.

Life throws up many challenges to us as we journey. There are no guarantees and no promises. The world owes us nothing.

There are times in life when we experience great moments, when everything comes together, and there are times when nothing seems to work. What makes the difference is how we handle it, our response is what gives us the strength to either overcome it or feel the fear and fall down.

There is an old saying that I love and often quote “What doesn’t kill us makes us stronger.” It is in the moments of our responses, the sense we make of what is happening to us, that provides us with the ability to play the game of life, or to give up.

Be in the game, and play to win. Even if you do not win every time, at the very least you will make a difference by playing and your presence will inspire you and others to keep going. Be the strength that you look for in others. Remember that they too are afraid; the difference is that they cannot tolerate giving up. Shine out, and make this time the best of times.