

## March 2014 – Anyone for a Ride?

As I cycled my 6-speed vintage to Sculpture by the sea at Cottesloe the other day, I pondered the word sculpture and how it was playing monkey with my mind. Here's a snippet of what morphed...

Keen to lay eyes on the winning piece, I had a vision before I set out on my trip...sculptures, sun, sea, sand, surf, sunscreen, sarong, sandwiches and other such scintillating s-words.

The picture was clear, I was packed, I was prepared, I was pumped...I off.

Well, I thought I was prepared. Not long after, as the wind shifted to a strong south westerly in the blink of an eye, so did my focus from vision to velocity (or lack thereof) and how my quads were burning and my lungs heaving. Since when were there so many hills along the way???

It had been a while since I'd straddled the bike and quite clearly I was having to flex muscles that I hadn't flexed in a while. This body of mine was saying hello in a language I was unfamiliar with.

I had a momentary insight though...peak performance is always a work in progress. You can never park it and expect to pick up where you left off.

I may have hit a speed bump on the road to my vision but I knew that I was re-sculpting my ever-changing body...shape-shifting if you will. No pain, no gain. I thanked my muscles for their message and moved on.

As the old saying goes...what goes up must come down. And so it is with hills...

Now cruising and enjoying the ride, I sat back on my comfy saddle, took my eye off the road, took in the armada of container ships lining the coast, thought Somali pirates and Captain Phillips and promptly veered off onto a patch of grass only to come to my senses after I'd skidded back on course. Was I in balance? Quite clearly no.

So, where are we going with all of this?

Each of us is sculpting our own life. A work of art, it is indeed a work in progress as we head towards visions, some lofty, some loose, oft times losing sight of them as we lose ourselves in the journey, which can throw up challenges and takes us off course.

Ultimately this is what adds rich texture and meaningful depth to the final piece.

If you ever feel unsure about your life purpose, know that your purpose is to sculpt, to create, to experience and to enjoy. Know that if your vision aligns to your highest values, you are on purpose.

So sit back, enjoy the ride and take a leaf out of Michelangelo's book....keep chipping.

You are a masterpiece in the making!