



Tips to keep you airborne!



Which will you choose?
December 2020

Early the other morning as I faced a 4km jog on soft sand on an almost deserted beach, I felt less than buoyed, as it had been a while since I'd last given it a go."

This is going to be hard", I could hear myself saying.

Survival instinct drew my eyes to fresh tyre tracks from a surf-life saving patrol vehicle which had compacted the sand to a degree.

Grateful, off I set on a trusty track, filled with grim determination.

Not long after, I noticed a figure ahead of me on the opposite tyre track (great minds think alike, I chuckled) and quickly I realized that it was an 'old bloke', making slow but steady progress along the unrelenting path.

Moments later, we were side by side.

I cast him a friendly glance and, on an outbreath, spluttered "This is hard!"

To which he nonchalantly replied "It is always hard."



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Having overtaken him and bid adieu, it wasn't long before the 'hard' caught up with me and I sensed an old shadow from behind about to overtake me.

In that moment, I had a profound 'choose your hard' realization as the wise tortoise went on to steadily and slowly win his race.

There's no denying that attaining and maintaining a degree of fitness and good health is hard.

But so too is suffering the consequences and fallout of not maintaining fitness and good health.

We get to choose our hard.

As such, we need to choose wisely.

Today as I chose my 'hard', soft-sand tyre track, heading into strong south-westerlies, I was buoyed by the fact that I'd done just that...chosen wisely.

Till next month, whatever challenge you may be facing in whatever aspect of your life, be it health, finances, relationships, work etc., choose your hard (and it goes without saying), choose wisely.

Caroline

PS - Whenever you're ready, work with me directly to see how you, and/or your team can benefit from diving deep into all things AIRBORNE, including managing 'hard!'

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