



Tips to keep you airborne!



The road less travelled
September 2023

The other week, I ran the 12km, City to Surf, charity fun run in Perth.

26 years living in this city, I was keen to give the 20,000+ participant, annual event a go for the first time.

It was a glorious day; perfect temperature, lots of sunshine, colour, excitement and support along the way, from cups of thirst-quenching water and uplifting bongo drums, to eager volunteers, waving eye-catching, star-studded signs, saying 'press here for a boost'.

There was dopamine, adrenaline and endorphins to beat the band.

In short, it was a perfect run and was over in no time.

It kind of smacked of how we often like to view success as a straight arrow, shooting upwards...all rainbows and dolphins.

Now, fast forward a week, when I headed off to run a different route, of similar distance.

The weather was wild and wooly, lots of gnarly hills, wind and rain in my face, no musical fanfare, shouts of support nor uplifting drumbeats. No external ducks in alignment; only a road sign by a lake saying 'watch out for wildlife.'

In short, it was hard.



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Whilst heaving up a hill, it got me thinking that this path I was on represented the real metaphor for life.

Not a straight, upwardly mobile arrow, but one with highs and lows, inhibitors and barriers, challenges and unwanted events. An arrow that can often appear bitter, twisted and out of control, heading anywhere but up.

It also got me thinking of M. Scott Peck, author of *The Road Less Travelled*, who opens his acclaimed book with the words 'Life is difficult'.

Peck suggests that life will pose a series of problems that we can either choose to accept or choose to ignore. Once accepted, it will get easier.

So how do you begin to accept a problem?

Let's just say that attitude helps (remember what the A in AIRBORNE stands for?)

Try taking ownership, accountability and responsibility for getting up that dreaded hill (not saying it's always easy), and if the wind happens to be behind your back any stage...bonus, but don't wait for it and don't depend on it.

See if you can line up those internal ducks of yours, focus on what's within your control and get quacking.

Till next time, watch out for life, cos it can get wild!

Caroline

PS - I got a lot more out of the wild and woolly run than I did city to surf. It gave me time to reflect more about life and about myself. Dolphins, rainbows and medals all have their place but so too is being 'in the garden with mother nature, wet with rain'...Van Morisson...No Teacher, No Method, No Guru.

PPS - If you know of anyone who might enjoy reading my newsletters, feel free to forward this to them and ask them to subscribe.

PPPS - If you're ready, work with me directly to see how you can benefit from some wellbeing coaching. Hit the reply button to this email with "yes, more information please".



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