



Have you ever encountered a setback or failed - or at the time - thought you failed or missed something you felt was important, only to later see it in a very different light? Have you ever felt like you either kept getting the oppo door shut or that something you thought you really wanted just was not coming together? Was not panning out?

Many times we are so in the middle of something and we cant see the forest through the trees....we can't see the bigger picture. Or maybe it just has not been revealed to us yet. It's easy to get frustrated and keep either trying the same steps over and over or keep pushing HARDER. Whatever it is, this thing won't beat me. I can get there or I got this.

What if instead of hitting it over and over, you pause and take a breath. What if instead you're not SUPPOSED to get it? What if God or the Universe actually has a different plan for you? A different option at the fork in the road? XXXXX. If even that fact was revealed - that you were supposed to be on a different path - would you chill out THEN and have patience going forward?

This can happen on seemingly small things or daily tasks - you know those days - when nothing is going right or you feel like you're hitting your head against a wall? We even have a head-wall banging icon now since it happens so often. It's at these times that its great to have a friend snap you out of it - my friend and work colleague Margie would always smile at me in those moments and say "Thank you Jesus for giving me this opportunity to practice patience". Thanks Margie

But really, what I want to focus on is when it's more profound and significant in our lives - when we hit one of life's road bumps or blocks. We don't know why we're stuck or in pain or feel like we're going backwards. And sometimes, the more we try to push through it or push back, the less progress we seem to make.

Instead of trying to force a direction or a change, if nothing seems to be working, what if instead next time you sit back, breathe and either pray or meditate - or maybe both?

What about considering this your moment to practice patience? In the movie Evan Almighty, there's a spot when God appears & confronts Evan's wife. He says, what if someone prays for the family to get closer. Do you think God gives them warm and fuzzies or do you think he gives them an opportunity to get closer? If someone asks for patience do you think he grants it or does he instead give them an opportunity to be patient?

This simple act will calm you physiologically and psychologically and hopefully get grounded and reveal either clarity in the direction to go or provide you with a calm peace that if you put your faith in your vision and in God and the Universe, you will actually and ultimately get what you want. Ok - maybe it isn't exactly what you thought you wanted but it may be a better outcome only as a result of taking that different path.

Like the character in another movie played by Diane Lane in Under the Tuscan Sun. In the end, it's one of her friends that pointed out that at that point, she had gotten all she wanted. All that she wished for happened. There was a warm home, she had created her own family and there was a wedding. All in the very unexpected place she decided to start her post-divorce, next life chapter, in Italy.

I love Italy and in the last few months of 2019 I was actually planning on a trip and spending time there in February or March.

You see,

Parents rent out Florida residence from Jan-Apr and parents heard monthly rental option was very reasonable. Can be in the north, close to ski resorts.

In the 4 months leading up to it, spent time researching properties, costs, ideas

Never seemed to work out

Thank GOD we were not there

Me and two 70-something parents

I was unable to get the trip together and although I didn't understand it at the time, I feel so fortunate that it didn't happen.

So the next time you feel roadblocked or stuck, take a moment to step out of the fray and breathe. Take the opp to practice patience and continue putting forth positive energy and prayer into what you really want...It most likely won't happen on your timeline or as quickly as you'd like but if you hang in there, if you truly Focus on your vision and faith to achieve, if you have patience, I believe ultimately you see you actually get what YOU want or sometimes something that's even unimaginable better.

I have a FB Challenge this week, focused on this matter and I invite you to join us and share what roadblock you had to overcome, that required much patience and how it ultimately ended up being a positive in who you are today. We'll have a new challenge each week, designed to ensure you're focusing some time and energy each week in to

creating your next best life chapter. I invite you to join us - to reflect on your life and post your response in the comments.

Thanks Again for joining and hang in there!!!