

# Reminder Memos for your Advancement #11

## **Life is like a Journey - and we can enjoy the Journey.**

Pretend for a few minutes that you have lived your life and now sitting in the rocking chair in your twilight years, you look back over your time here and reflect upon what it has been like for you.

As you wonder back through the years of ups and downs, what do you think you will remember most? Will you remember the failed goals, the squabbles with family members, or the daily grind? Or will you remember the joy, the celebrations, the love you shared with others, and the fun you had along the way? And what about all those things that were such a worry at the time?

Now back to the present time the concerns of today. Perspective can be a funny thing. Some of the things that seem so big and important to you now will not matter a single bit in 20 or 30 years from now.

A good example to demonstrate this point: think back to when you were a child; do you remember when another child grabbed your favourite toy away? Most certainly it happened at one time (maybe more than once), and at the time it was likely a very big deal to you, but now you probably can't remember it clearly - or at all.

Believe it or not, many of the issues that bother you so much in your present day will completely fade from your memory by the time you are 80, or 90 years old. You simply won't care enough about them to remember them. If a concern of today will not matter too much in 10 or 20 years from now, then why let it be a blight on your happiness of today?

This insight can be a powerful way to avoid getting "stuck" unnecessarily in your daily life. A best seller book had the title of 'Don't Sweat the Small Stuff' - the message was that everything is small stuff - so look at the bigger picture rather than missing the happiness of right now - and that turns out to be a great message when one takes advantage of such wisdom!

When you start to feel frustrated or annoyed about something, or when someone does or says something that hurts your feelings - pause and ask yourself, 'How important is this, really? Will I care about this in 5, 10 or 30 years from now?' Most often the answer will be no, it will not matter then - so why now?

So if it will not matter then, surely it does not matter too much right now. If in this way you can diminish the importance of petty annoyances in your own mind (the small stuff) you will then have an easy time letting go of them. To forget and forgive brings inner calm, because everything may be small stuff.

Then you will be free to focus on the things that really matter, like squeezing out every drop of joy, love, happiness, passion and fun that life has to offer.

Our life is a journey, a journey of choices, and every choice has its consequences. Here is the value of putting on your virtual rose tinted glasses every morning, for seeing life as a positive journey it will get easier and better as each passes. Share your love of life with younger generations so they will see how simply living from who you really are, and without any masks or carrying excess baggage, is a sure fire way for enjoying the journey.

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