

Journey
to a Place Called
THERE

A Navigation Guide for Creating a Balanced Life

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A balanced life is filled with happy times and fond memories as well as unexpected obstacles and frustrating detours. As we navigate through life on the journey to a place called **THERE**, we must direct our actions and attention towards reaching our ultimate goals in various areas of life, not the obstacles of today. How well we manage these roadblocks in life will make the difference in when and if we reach our destination—**THERE**.

What Is **THERE?**

THERE is uniquely defined by each of us. **THERE** may be a physical location, an emotional state of mind or a realized dream. In some instances it may be a combination of all three. Allow me to introduce you to a few friends in the following scenarios...

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Introducing Yvette, the graduate student:

For the Thanksgiving holiday this year, all of Yvette's family has decided to meet at her grandmother's house. This will be the first time in more than 20 years that all of the aunts, uncles and cousins have been together for any occasion. Yvette has not seen some of her cousins in over 10 years. Most family members are aging gracefully, but she does realize that tomorrow is not promised. Therefore, she appreciates every opportunity to create more happy memories with them. All of her family travels from various states throughout the U.S. This impromptu family reunion brings 50 people together for a fun-filled weekend of food, games, picture taking and building bonds within the family. Yvette's excitement of being at her grandmother's house with her family for the holidays leads her to her place called THERE.

Introducing Neil, the entrepreneur:

Six years after opening his first restaurant with minimal funds to invest, Neil's business is flourishing. He is in the process of upgrading his menu as well as remodeling space at a larger, mainstream location. He is hopeful that his new location and menu offerings will entice new customers to patronize his dine-in and catering services. However, as with any construction project and major business venture, various obstacles and time delays have caused Neil significant frustration. For Neil, THERE is completing the journey to this new restaurant opening. Once he opens at the new location, his initial dream will become his reality. Though he is

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*experiencing some frustrations now, Neil knows that this will make him better prepared for his next journey to a new place called **THERE: Franchising!***

Introducing Sebastian and Madison, the honeymooners:

*The newlywed couple is on their honeymoon at an all-inclusive resort in the Caribbean. The wedding ceremony was wonderful. The reception was a lot of fun with family and friends all around. Now they are at the resort alone. Of course, other guests are vacationing at the same resort, but the happy couple only has eyes for each other. No matter the weather or who may be physically near them, they are in their own world where nothing matters except being with one another. As this couple enjoys room service breakfasts, romantic candlelit dinners for two and slow walks along the beach by moonlight, they feel they have arrived. Sebastian and Madison have emotionally elevated to their own private place they call **THERE**.*

As you can probably surmise by now, the look, the feel, the timing, the overall journey to a place called **THERE** will be different for everyone, because we are all at various stages in life; we all have responsibilities and commitments in various areas of life to balance.

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Where Is There?

Now, since THERE is a destination that will change throughout life, it is important to learn how to get THERE with the least amount of resistance. So, for experiment's sake, let's level the playing field for a moment and say that we are all on the same journey. Imagine that the following scenario is a detour life has sent you on...

You are married with three children and a dog living in Hometown, USA. You and your spouse have been working steadily in your career fields for 15 years. You own a home and have two more years of payments on the car you bought and a three-year lease on the other car. You have a small college fund set aside for each of the children. With the dual-income, you are able to pay all of the necessary bills each month, but do not have the robust savings account that you would hope to have at this point in your life. Each year, you try to save more money to obtain the minimum of six months of savings the financial planners suggest you have...just in case of an emergency. When you go into work today, you are called to an impromptu department meeting. You arrive to find that the meeting is with your department leadership team and the Human Resources Manager. A business decision has just re-organized you and your co-workers out of a job—effective immediately. You will receive a “generous” severance package of two weeks of pay and medical coverage through the end of the month. What do you

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*do? How will you adjust the various aspects of your life to steady this unexpected imbalance? Write your response on the *Personal Reflection Notes* page.*

The reactions to the scenario and responses to the questions above will be different for everyone simply because of the different life experiences that have shaped how you view and handle life. Because of those life experiences, and where you are today, each of you will have a different **THERE** that you would want to journey to if the above scenario really happened to you. So, are you ready to get personal? I hope so because it is time to focus on you and to determine where you are on your journey to **THERE**.

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My Destination THERE

Roadmap:

Balancing _____



My goal / Destination THERE is:

Milestones to reach my Destination THERE are:

milestone

mm/dd/yy

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My completion / arrival date is:

I anticipate the following barriers:

I will move around or move through barriers by:

Lessons learned along this journey include:

I will celebrate arriving at my Destination **THERE** by:

“Serenity Prayer”

God grant me
the Serenity to accept the things I
cannot change; the Courage to change
the things I can, and wisdom to know
the difference;

Living one day at a time; Accepting
hardship as a pathway to peace; Taking,
as Jesus did, this sinful world as it is,
not as I would have it:

Trusting that you will make all things
right if I surrender to your will; that I may
be reasonably happy in this life and supremely
happy with you forever in the next.

~ *Boethius, philosopher (circa 500 A.D.)*

“Footprints in the Sand”

One night I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky. In each scene I noticed footprints in the sand. Sometimes there were two sets of footprints, other times there was one only.

This bothered me because I noticed that during the low periods of my life, when I was suffering from anguish, sorrow or defeat, I could see only one set of footprints, so I said to the Lord, “You promised me Lord, that if I followed you, you would walk with me always. But I have noticed that during the most trying periods of my life there has only been one set of footprints in the sand. Why, when I needed you most, have you not been there for me?”

The Lord replied,
“The years when you have seen
only one set of footprints, my child,
is when I carried you.”

~ *Mary Stevenson*

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Success is loving life and daring to live it.

~ *Maya Angelou*



Let us not become weary in doing good,
for at the proper time we will reap a
harvest if we do not give up.

~ *Galatians 6:9 NIV*



The road we have taken to this point
has not been easy. But, then again, the
road to change never is.

~ *President Barack Obama*

Let us throw off everything that hinders
and the sin that so easily entangles, and
let us run with perseverance the race
marked out for us.

~ *Hebrews 12:1 NIV*



A bend in the road is not the end of the
road... unless you fail to make the turn.

~ *Author Unknown*



We also glory in tribulation, knowing
that tribulation produces perseverance;
and perseverance, character; and
character, hope.

~ *Romans 5:3-4*

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