

FYP : Find Your Pace

Motivational: Where Are You Going?

There is an old saying, “If you don’t know where you’re going, you will never get there.” Now, that being said, bear in mind that getting started is actually a thought process first and a movement second.

So, how do you decide where you are going? Our thoughts, in regards to “going somewhere,” are highly motivated by our responsibilities and/or goals. At times, going somewhere can be as simple as heading into the office or to the grocery store or to the soccer game to watch your child play. These types of decisions are what we feel and see on the surface. They are very basic decisions. Personally, I go to the office, as it is where I make my living, i.e. something I do to provide for my family. The grocery store, for most folks, is a precursor to feeding the family. I go to the soccer games because I get joy from watching my child play sports and I want to be a supportive parent.

Here, my answers have told you “why” we do what we do, but we have to go much deeper in order to understand what drives our



decisions. In order to find your pace, take a good, long, hard look at yourself. Whom do you see? Who are you? This thought process will help guide you and represent what you stand for. Then, choose the direction or action you will take to accomplish your desire.

Take each day as it comes. Make small strides — physically, emotionally, mentally and spiritually — towards becoming who you want to be. Once you start, you will be on track to do everything you ever wanted to do, and at your own pace.