

Life Is An Adventure

by **Lou Stoops**

Life is an adventure. Does that scare you? Does it sound like just another positive platitude? If you answered "yes", I can understand. Most people don't get excited about life being an adventure because it implies uncertainty. When you think about it though, that's what life is about. You can minimize uncertainty a bit by making clear, thoughtful decisions. The fact remains however, no matter what you decide, there will be unexpected twists and turns. Discovering how to thrive through the twists and turns is very important.

I'm not much for surprises. I like to know things. I like to think about a matter before plunging ahead. My wife is a very thoughtful person as well but she has an amazing ability to be spontaneous and go with the flow. If something we plan on doing turns or twists in a direction we hadn't anticipated, she can bounce right into action and make it work. I see this as a tremendous ability. It speaks of an emotional resiliency on her part that is one of the most important ingredients to achievement.

As you approach the things you want to do in life, I would suggest several items to keep in mind. The reason for these items becomes clear when life hands you the unexpected. Take note of the simplicity of these items of thought and determine to make them operative as you plan your next steps in life.

Keep in mind:

Every Downturn Has An Upside

We get scared about life when things we plan about, or count on, don't work out. Though we've worked hard and thought things through, the desired outcome fails to materialize. A downturn happens when things aren't going our way. Truth is, a downturn helps us in the long run. Why is that? Well, when things don't work out right away, if we don't quit, we end up discovering better ideas and greater opportunities.

Thomas Edison had his share of failures. He experienced many downturns in his experimentations. Those failures didn't stop him. He persevered and was able to learn through discovering what didn't work, what would.

Approach a downturn with optimism that you'll soon discover the upside. When you do, you will.

Every Delay Isn't Here To Stay

We live in an age when people expect instant gratification. They want what they want and they want it now! That's just not the way life works in the real world. Many great things are often given up on simply because a person quit because they had failed to get them quickly.

A delay in accomplishing what we want often results from several factors. It could be that our plan needs more work, or that the timing is off, or we need to expand our network in order to find the right people to help us. There can be many reasons. The thing to remember is that a delay isn't here to stay. Not if you forge ahead.



Learn To Chill So The Problem Won't Kill

Things happen. Problems abound when you don't sit around. The lethargic let life pass them by but the action-oriented individual embraces life and goes after achievement. They are unafraid of problems because they expect them. The reason they can handle the problems is due in no small way to their ability to chill out. They know how to relax and not allow problems get the best of them.

If you want to go the long haul you'd better learn to chill. Don't get so worked up when life goes on a detour. Expect it. If you try to do something interesting and worthwhile, you'll have a few twists and turns along the road. Don't worry; most likely they won't kill you!

Get in the habit of enjoying the journey. There's much to discover and the trip is usually more enriching than the final destination. You'll learn more that's for sure.

In my life I've had some great adventures. I've climbed the Great Pyramid and sailed down the Nile. I've gotten to see some of the greatest sights in the world. I've had opportunities to speak before large audiences and have been able to pursue many of my dreams. But I'm not done yet. Those grand experiences came my way because I was looking. Looking for opportunity. Looking for ways to enjoy my journey. Sometimes the road has taken a pretty scary turn. I've learned from those times.

Set your sights upon your dreams and learn, learn, learn. Don't be afraid of the adventure. Get out there and really live instead of staying put in the harbor of regret.