

Words of Encouragement Wednesday ~ The Journey

You may have noticed that I have changed the look of my blog just a bit lately. I'd like to take just a minute to tell you why.

I've spent the last couple of months reflecting on my first year as a Trim Healthy Mama Lifestyle Coach. It has been such a pleasure for me, and such a great learning opportunity as well.

I've been teaching people the THM plan for 6 years now. Last year, when I decided to take the leap and become a certified coach, I had this big broad vision in my mind. But lately I have been focusing in on the journey. I have always had it in mind (it is part of my business title after all) but it has been becoming more central in my mind.



And that is why I wanted the look of my site to reflect my focus. My daughter found the picture that you see in my header now and I thought it was a perfect pictorial description of my focus as a coach. This lifestyle is just that: a LIFESTYLE. It is not a diet. It is not a sprint to a goal. There is nothing fast and furious in this approach to health. It is a JOURNEY. And as you know, most journeys don't take a straight path. The

path meanders, it winds around, sometimes, it actually winds back around on itself and you feel like you are going backwards! But all these twists and turns are for a purpose. Each bit of struggle, each hill and valley, makes you stronger for the next portion of your journey. Each twist and turn has something for you to learn.

Take a good look at that path through the mountains you see in my header picture. Could you get through the valley faster if your path lead straight on? Sure; but you'd miss a whole lot along the way. Sometimes faster doesn't equal better. We know that, we really do. We've heard of lottery winners who've had to declare bankruptcy just years later. We've heard of people who've lost lots of weight really quickly, only to put it back on with a little extra to boot. We know in our own lives we've gotten gifts we thought we wanted desperately only to discard and forget about them within a few months. But those things that we work for. The things that take time and discipline to achieve, those are the things we value and maintain over time.

Are you enjoying your journey? Are you learning from the twists and turns? Don't despise the slower portions of your journey. Sometimes those curves that seem to slow us down are just preparing us for the next portion of our journey. Keep your focus on why you are doing what you do. You are choosing health and wholeness. You aren't "dieting", you are choosing health. You are not depriving yourself to reach a false goal quickly, you are nourishing yourself to gain health that will bless you for your entire lifetime. Don't despise the journey, EMBRACE IT!

Have you ever considered getting a coach to help you on your journey but you aren't sure what a coach could do for you? Contact me for a free consultation. I can explain to you how I would help you with no strings attached.