

What a Wonderful Morning!!! 1/21/07

I love to travel. I love getting away from the distractions of home - the daily mail, the feeling of needing to do so much that needs to be done and never ends. When I get away I get a fresh, new perspective on life. I slow down and embrace the newness of my surroundings.

I took a walk at the beach this morning during my stay in La Jolla and noticed a cute little old couple sitting in their parked Volkswagen Beetle, with a view of the ocean, drinking coffee and sharing a chocolate chip cookie. They seemed so happy and content and I got the sense that they do this every morning. It seemed like their little unique way to start the day.

The feeling of routine is very important and I create little rituals myself that keep me structured, especially while traveling. I also allow myself flexibility and the acceptance of not following through. It works for me and keeps me balanced. (If you read my last article you know that balance is very key for me!) Try it next time you go away on vacation, or even in your daily life. Let me know how it works for you! I can help you with a plan if you need help.

I also have many travel ideas to make your trip preparation easier, from packing to creating a personalized check list of items that you should always take on trips, to some things I discovered that make a stay at a hotel much more enjoyable!