

COURSE

What course are you on?

Are you consciously on any course? Or, are you drifting and going wherever the tide, the winds, and the currents take you?

If you don't know where you are going, how will you know when you get there?

Just like your life, a ship can change its course by one degree and end up on a different continent. Small changes in course result in huge changes over time.

You don't have to change the world in one day, nor do you have to become a new person in one day. But, you can make the most important change in course in an instant.

You're overweight. You can decide right now you've had enough, and you will eat healthy. You buy a book. You throw out all the junk food in your house so you will not be tempted. You are now on a new course. You get off course, you eat ice cream. Fine, get back on course.

You want to start your own company. Pick out the name and register the domain. Put it down on paper. Make a time line. List what is needed. List who will be part of your team or where to find them. Take the first step of imagining what it will look like when done and document it. Keep your day job until this new venture comes together. But, set your course and then stay on the course. When the new business is far enough along you can let go of the current job.

You want a masters degree. Set the course, see which college or university has the program for you. Research. Then, register. You are on the course to a degree. Sure, it may take years, but you started, you are on course.

Life is an exciting adventure when you know where you are going. See the end result and then set course to get there. It's the journey that is exciting and fulfilling. Like a boat, we are always off course and adjusting to course.

A boat is thrown off course by wind, waves, currents, storm, obstructions. Well, aren't our lives the same? Every day there are things that come up. Some we have to adjust for, and others we can let go. The key is to allow and accept what happens and then get back on course.

If I eat ice cream or miss a class it's not the end of the world. I can adjust, I can change course to get back on course and to make up for what I have missed.

The critical factor is to decide on your course, where are you going, and what are you going to do. What has passion, interest, and excitement for you? What would make you proud? What would be satisfying? What is your hidden goal you have not focused on?

Yes, you can change your course in an instant. The change is first, and most importantly, in your mind. Once you see the results you want, and decide to obtain those results, the course is set. You have begun. It's that simple. Decide in your mind.

Once the course is set, adjust as needed to keep on course. Do not get discouraged. Rome was not built in a day. It's not how long it takes, nor how many interruptions you have, it's the doing it, the accomplishment. Keep adjusting to course. You will arrive at the chosen destination. Arrive, to start again.