



confused and even a little surprised.

Prolonged pandemic life has been an outside force we've all faced. Some have felt completely out of control or completely lost. Others may be wondering: How did my relationships get here? How did my mental health get here? How did my physical health get here? How did my attitude get here? We cannot go back and restart, but we can steer the next chapter. Forward.

Drive or Drift!

Have you ever asked yourself this question: How did I get here? You didn't quite plan it. You have no idea how it happened! But it did. Perhaps you drove yourself to an unintended destination or walked into the wrong room of the house, without even realizing it. Or on a more serious note, maybe you're thinking: How did my life get here?

While on a floater in our swimming pool one day, I heard my neighbours cutting their grass. The hum of the machine was therapeutic. Eyes closed, I heard the lawnmower on the one side. But when it started up again, it was not where I expected it to be, but nor was I. Our boundary wall hadn't moved – I was the one who'd drifted. I was totally disorientated. Confused. And completely surprised! How did I get here? I'd drifted!

Drifting is slow movement, mostly caused by external forces, which dictate direction. Life has many outside forces, which have the potential to influence and put pressure on the direction of our journey. The challenge is to stay on course and be in the driver's seat despite the waves of life that roll in. These forces can be subtle and take us subtly off course. If we're not alert and intentional, they will take over completely, leaving us disorientated,

The good news is that we get to choose

1. To Drift or Drive

In any given situation, there is a measure of control that we have. There is something we can steer. If we want to drive and not let the outside factors steer, we will need to distinguish between the things we can control and the things we cannot control – even in the most challenging of circumstances. We can then choose how we spend our time, energy, and resources on the things we can control. We can only steer what is in our power to steer. What are you able to control on your journey? You will need to let go of or put aside the things that are not in your control. Take courage and move back into the driving seat. You may not have noticed how far you've drifted, but it's not too late to steer your life again.

2. Default or Determined Destinations

When steering, it's often more comfortable to give into the direction of the force, but it's dangerous. It takes both focus and concentration to navigate around and through the external factors. It's normal to feel like giving up and giving in. If we drift, we will arrive at a default destination and we surrender our responsibility. Yet if we choose our determined destinations, come what may, we're going that way! Where are you headed? Take a minute to take your attention off the forces in order to look up and look ahead. Remind yourself of where you're going. Get back on track. You get to choose the destination.

3. Desired goals

Our desired goals can be reached when we steer with intentionality. How satisfying to be able to reach that destination you chose and say: I got here!

As Dr Seuss says: "You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose." You have.

Choose well my friend!

Life Coaching

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