

Getting Lost

Recently I had the opportunity to drive a rental car that had one of those Never Lost contraptions. After watching its little training demo, I thought I would try it out. It seemed simple enough. Put on seat belt, start engine, punch in address of your destination. Within seconds I was not longer alone in the car, but was accompanied by a very pleasant female voice. She was very explicit with her directions, "Hard right turn in 2.8 miles." Every now and then I would somehow misinterpret her directions and go the wrong way. I did start to sense some annoyance in her tone as she spouted, "Recalculating directions," letting me know it was my fault we weren't exactly on track.

For the first few jaunts, as we would pass a mall or even a gas station, I would be afraid to stop because I didn't want to tick her off or, worse, risk getting totally lost.

When she would say with a sigh of relief, "You have arrived at your destination," I have to admit I was relieved. But by the third day I decided to risk—to dare to rebel. I was hungry, and although I hadn't typed in the address for Applebee's, I was going to intentionally turn off the prescribed path. Holding my breath and taking a non-directed hard right, I shot off the freeway. Gliding into the Applebee's parking lot, I turned off the motor before she could voice her dismay.

Enjoying a nice lunch, I got back into the car and started the engine, bracing myself for what was to come. Would I have to start all over again, punching in my destination? The Never Lost lady appeared. She came to life and very nicely asked me, "Would you like to resume your journey?"

Wow! No lectures, no cold shoulder, just a simple question, to which I punched in my "yes."

Wouldn't it be great if we could do this for the journeys in our lives that take us to our goals? If each day when we got up, we dressed, did our normal routine, then stated aloud or wrote down what our goal for the day was and also our ultimate destination. Then we could jot down some of the steps that we know will get us going in the right direction.

If somewhere during the day we found ourselves veering off track or taking a total respite, when we finished, we could just ask ourselves,

"Would you like to resume your journey?" No beatings with a wet noodle, no Negative Self-Talk, just a clean, swift "Let's resume."

Because let's face it: Only if you're driving with my husband do you start from point A, arrive at point B, no matter what might catch your eye along the way. Most of us get distracted, but we still make it to our destination. So what if it takes us a little bit longer? We might experience something that was enriching and worthy of our time.

~ Sharon Lee Riguzzi