

## Road Under Construction

Oh yes---we've all been there. We've been in a hurry to get somewhere only to come upon traffic either creeping along or at a dead standstill. Up ahead is someone with a sign that reads on one side "SLOW" and on the other "STOP". Either way, if we were in a hurry, it seems like an eternity before we get through the slow down and on our way.

Road construction! It seems to be rampant in most all urban areas. With much of the rural population seeking employment in towns and cities traffic has become a mess. Governments, in an attempt to alleviate some of the traffic issues, are widening roads and adding lanes to, in the future, hopefully, make our lives easier for our morning and afternoon commutes and trips to the store. The key word here is "future". At the time we have to stop or slow to a crawl thinking about traffic being "better in the future because of it" is not a thought that probably goes through our minds!

When I was confronted with such a situation not long ago it got me thinking. Of course, for those of you who read these articles, you know most things get me thinking! But, the reality is, that a "road under construction" is similar to events we all have faced, are facing now or will face in the future. For a period of time we are slowed down, or even at times stopped, on our journeys because of situations in our lives. We may be facing a financial, relationship or medical challenge. Any of which can seem to derail us in our ventures seeking stress free and happy existences here.

In those times it isn't easy to look past the obstacles in front of us. All we see or think about is the "delay" we are experiencing. Those thoughts of "How am I going to come up with the money to fix my roof?" or "What if my medical issue is life threatening?" keep pouring through our minds. Yes, it's very easy to allow ourselves to be consumed by those types of negative thoughts. Maybe what we should be telling ourselves is--"I've been in similar situations before and they have always worked out." We're all still here aren't we?

Sometimes, like a road under construction, we come to places in our

lives where we "need some repair"--to widen our pathways to better good and make our lives more prosperous, loving and happy in the future. Now, I'm not saying some of these little slow downs or stops will be easy--they will be anything but! BUT--if we can somehow continue focusing on our blessings, many times the road in front of us will be repaired or completed much sooner than if we focus on the negative experience itself.

Just as the sign that says--"FINES DOUBLE IN CONSTRUCTION AREAS" so too we may pay a cost for barging on through some of our life's challenges with negative attitudes, which will ultimately lead to choices and actions only furthering our delays--or worse! I'm attempting to see the good and count my blessings in any and all situations in my life! Won't you join me? As I've closed with before--it will make our lives better and the lives of those around us better--making our world a little bit better place for all of us!

All my best--

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