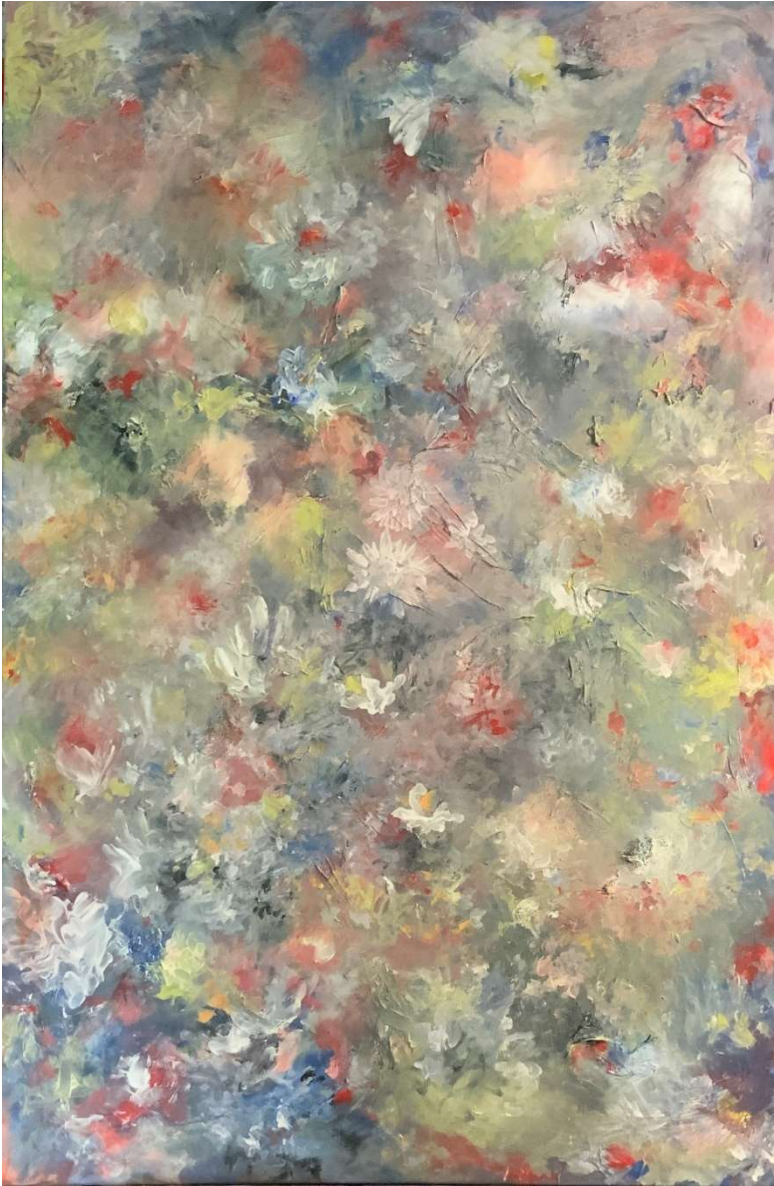


# Destination

*Looking forward to better days, I plan out my newly reinvented life...therein lies my hope.*

## Destination



My dream, my hope,  
Lies in tomorrow's realm  
A flower bed graced from above  
Looking forward to better days  
Filled with joy, friendships and love  
I plan my reinvented life to be full like the  
days already gone.  
I smell the sweetness  
Of green growth that abounds  
Like moss and soft leaves from the  
ground  
The flowers sing songs like mourning  
doves from above  
While colors dance wildly all around.  
I know my life can be better I say to  
myself  
I know I can change like the winds sound  
While living in the present moment I sigh  
for I know  
I can work towards this destination one  
step at a time.  
And as the Universe sits calmly by my side  
My journey will be long with some fright  
But with my destination shining clearly in  
my mind  
The path to happiness and hope can be  
found.

In the first years of my recovery from a traumatic brain injury, when I knew that I couldn't return to my job of elementary school teaching, riding horses, and playing my flute, I realized I needed to reinvent my life. At B.I. rehab, my therapists all told me I needed to build a new life. This is what they suggested:

1. Look at what things I have enjoyed all of my life.
2. Look at them in a different way.
3. Find a way to enjoy those things in a way that you can do now, with strategies, and planning.

I have always been passionate about horses, but could no longer ride and had to find a new home for my horse because I couldn't even take care of myself anymore. I had started to mosaic and paint (something I hadn't done before my head injury) and started painting horse spirits. This was my new way to enjoy horses, albeit, from a new perspective.

Last week I wrote about Happiness and Contentment. I mentioned how teaching oneself how to live in this way takes a very long time. It is a journey and it is a process.

A friend asked how to have happiness now while working through the long term process. I shared the following about what I have learned, and am still learning to do.

- During my long recovery time and during this pandemic I have learned that life is fluid, so expect things to change without notice. And go with the flow with the least amount of resistance you can muster.
- Live in the moment (reality), plan for the future (hope), but live in the moment (that is really the only thing we have).
- Find something that you have enjoyed previously and even if you don't feel like doing that, pick up the utensils to create, and just do some of that. You may find the time goes by and you did enjoy the time spent even though you didn't think you would.
- Cook or bake or make something that you like that you often do not create.
- Write what is on your mind. Don't think about it, just write what is in your heart. You can throw it away or keep it. Just put a pen or pencil to paper and let the words spill out.
- Call a friend to chit-chat. Ask how they are doing. Ask what is going on in their life.
- If you have a pet, spend some time with them making them feel better.
- Write or draw a notecard to send to someone you miss or isn't doing as well as you. There is always someone out there who would love to receive.
- For myself, I love to learn so I find that perusing through a book is interesting. When able, I choose a subject I love or am curious about and look it up on the internet. This may be "just killing time" but that is okay, because tomorrow is another day.

List 3 things you are interested in:

---

---

---

List 3 things you could do when you get "down" (it is best to have a plan in place):

---

---

---

Dreaming and looking forward to a destination gives hope to the reinventing process.

**Affirmation:** I have the ambition to dream of my new destination, develop a plan and reinvent myself and my life.