A Long Journey

When you are determined to act alongside your values and strive for a fulfilled life, the road might not always be quick and easy. Working on your valued behaviors is more like undertaking a long journey.

Sometimes you might find that the roads you are taking line up well with where you want to go. Or, that you are successful in doing what's important, in living a meaningful life.

But what would you do if you found that you weren’t driving towards where you want to go? If you had taken an earlier turn, or had missed an important marker on the way?

You can choose to do one of the following:

A. Give up and continue to drive the wrong way
B. Stop the car and start to self-criticize
C. Choose what valued direction you want to head towards and start driving that way

Which one of these would you want to pick?

How could you realign your actions to move in the right direction?