

Get Comfortable with the Unknown and Life's Setbacks, Remember, You are Just Recalculating

I can improve my life by getting comfortable with life's setbacks because I will always return to my internal home.

Get Comfortable and Recalculate



My life river flows deep within me

I want to stay the course but the Universe disagrees

A setback occurs leaving me uncomfortably

Out into the unknown where I don't want to be

So I try to live in the moment and know that eventually

I will find my way back home to living tenuously

A recalculation in my life won't make me feel free

But rather a knowledge that I'll be okay with my newly reinvented me.

Recalculating life's journey can be an uncomfortable place to be. Living in a certain way and having the "rug pulled out from under you", unexpectedly, can create anxiety, fear, anger and many other emotions. However, as honest of a feeling and true to the heart that these sentiments are, they do not help us get to a place of peace and moving forward with our life.

I found that I could see that other people were stuck in those negative feelings but found it difficult to see it as my own way of being. Watching friends moving away from me and family

members telling me how I was behaving, I started to listen to find out how others perceived me. I felt I had every “right” to be angry all of the time. But where did that get me? I didn’t feel happy. I didn’t like what was happening to me. My body, mind, spirit and capabilities were depleted from the fight. I felt out of control and very unhappy. And because I was always fighting the setbacks in my life it was difficult to build a new life based on how I had become.

And then, after several years of anger and frustration, it was brought to my attention that I needed to change and stop fighting everything that was seemingly thrown my way. I needed to reinvent my life, my attitude and work on being happy.

Throughout the many obstacles that I faced, I discovered that learning to get comfortable with life’s setbacks:

- Gave me the same outcome no matter how I felt about it.
- I always came back to my internal “home” no matter what the experience was.
- I learned and continue to practice living in the moment.
- I tell myself that for now, in this space, I am okay.
- I gained the knowledge that being happy unblocked me being stuck in anger and therefore, I could move forward and reinvent my life.
- I learned that when the Universe sends me out on the scary tributaries of life I need to remember that I am just recalculating and finding a new way back to my heart’s home.

Journal Prompt: What are some of the scary events that have happened in your life?

These are some things I did and people I went to for help in order to move through those scary times:

This is what I can gain if I get more comfortable with life’s setbacks and living through the unknown:

Affirmation: I can get comfortable with the unknown and life’s setbacks when I remember I am just recalculating.