

Know that Reinventing is a Process, a Long Journey, That May or May Not End. Enjoy It For What It Is.

The journey of reinventing a new life, a better life, may be long and full of intention, however, the reward is worth the work.

A Long Journey



Your journey is a life time long
A flit from place to place
Sometimes lush with colored
hues
Other times feeling misplaced.
The trick to finding happiness
Does not lie within a single space
It can't flourish because you
have something new
It won't grow by living in a
special place.
It's a change in an attitude
It's a change in how you perceive
It's a change in what you say and
do
It's a change in what you believe.
It helps to not worry about the
future
It helps to not dwell upon the
past
You can't change what has
happened already
But you can find ways to live in
this moment
One that feels better than the
last.
So rise up little butterflies
Rise up towards the sunlit sky
Fly gently in favor of your future
Living presently in this moment
So life doesn't pass you on by.

-The journey of reinventing oneself is a rather long process and I am not sure that one ever finishes this journey. We morph into our next journey in life sometimes aware of what is happening and sometimes the process is a natural progression.

- However, when life suddenly changes, as in the case of sustaining a brain injury, or having a life altering event or suddenly being quarantined at home for a long period of time, the journey towards being happy with this involves personal change...a reinvention of oneself.
- In order to reinvent from within, the process involves self-awareness, learning to accept, consciously improving your life by taking action and learning to be happy and content.
- When I sustained my brain injury I lost a life that I loved. I loved my job of teaching elementary school children. I loved riding my horse Poppy with friends in the woods of Maine. I loved playing my flute with a local ensemble and different musician friends. All of that was suddenly gone. I thought I would get it all back if I just tried hard enough and worked my body and mind with a vengeance. I thought that I needed to pray harder and be more driven to succeed. However, the harder I tried to get back to the way things were, the sadder and more frustrated I became. I wanted to be happy. I wanted to enjoy my life again. And so through the medium of creating art (something I didn't do before my brain injury) and writing about what spoke to me through the art pieces, I learned about the process of reinventing my life.
- Am I always successful? NO. I cannot say that enough times. The feeling of failure has become a regular visitor to my ego's door. However, I want a good life, a life that is filled with happiness. I want a better life so I must work at it. I learned that a good life for myself needs to start with me changing myself and my outlook on what I do have in my life. These are some of the areas I needed to journey through.
- becoming more self-aware.
- learning to accept.
- defining how reinventing can improve my life.
- taking action.
- being happy and content by trying many different things that might lead me in the direction of having a more fulfilling life with purpose and contentment.

Journal Prompt: I have learned a lot about myself through the eyes of others. This is how I can become more aware of what I think about, how I feel, and how others see me:

I would like to feel and be more:

Through becoming more self-aware, I will try to improve how I feel and live my life by:

-This is the 19th post about how to reinvent oneself in order to live a more content and happy life with the circumstances that have come your way. You can find all of the reinventing process in downloadable pdfs at www.mozaicmama.com/blog.html

Affirmation: I am able to enjoy my journey towards being content no matter how long it is because I am resilient.