

It's been three years since my last newsletter. Life has taken some interesting twists and turns. I knew it was time for me to follow my dreams once and for all. I sold my house and closed my personal training business. At that point I had no idea where I was going or what I was going to do.

Writing has always my dream. It was time to pursue that dream. Success or failure didn't matter; doing it was what was important. Even though I couldn't see the big picture, the Universe had a plan. First was Lake Tahoe and the opportunity of having two months alone with no agenda but to write. Then I came the move to the Central Coast of California. Spending time every day at the beach and long walks along the ocean keeps me sane, even amidst this pandemic.

When I started my personal training business, there was no guarantee of income, but I found that I always had what I needed when I needed it. The same hold true now. It's easy to become fearful when you can't see the big picture, but I'm learning that fear is a waste of time and peace of mind. Even if I can't see what is ahead, I know there is a greater plan than I can even imagine. Life is an adventure.