

Passion for Life Coaching

Making Deliberate Choices for a Fulfilling Life

Newsletter by Suzette Langley, Life Coach and MSW

November 2005

The Road Less Traveled

*... And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.*

*I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I --
I took the one less traveled by,
And that has made all the difference.
- Robert Frost "The Road Not Taken"*

"The Road Not Taken" has been one of my favorite poems since high school. When I read it, I am in the woods with the two paths stretched out as far as the eye can see. One path well worn; the other grassy, soft, and new. I admire the choice of the less traveled path. The choice creates a sense of excitement while conveying the loss of having to choose but one path. Yet, the satisfaction of the decision is clear.

In October, my husband and I vacationed in Hawaii. Most of our time was spent on Oahu but we island hopped to the "Big Island" of Hawaii. With only 2 larger cities on the island, Hawaii is far less populated than Oahu and offers the chance to get away from the crowds. One remote place on Hawaii is the southernmost point of the United States, which is located down a one lane, kind-of-paved road. No signs announce that you have reached this point. You have to know that this is your destination. A few tourists venture to South Point in their rental cars. Even fewer tourists discover the green sand beach.

East of South Point, a misleading sign announces parking for the green sand beach. Most people walk to the ocean's edge and exclaim, "There's no green sand here!" They are correct. Only a tourist book provides the crucial nugget of knowledge - the green sand beach lies two miles to the east of the parking lot, across the desert, and at the bottom of a steep cove. It is accessible by foot or 4X4 vehicle if you are brave enough to drive the rocky, sometimes steep, often deeply-rutted road. (To answer your question, we hiked.) I would venture to say the location of the beach is to its advantage. Surely, if it were easy to access, it would be overcrowded and possibly endangered by tourists taking home the beautiful green sand. (To answer your other question, a semi-precious gem called olivine creates the sand green.)

We spent a long time on the green sand, playing in the blue water, and marveling at the steep stone walls of the cove. On our return hike, Robert Frost's poem spontaneously entered my thoughts. At that moment, I truly felt that I was on the road less taken and it was a wonderful thing. You see, at the last minute, my husband and I altered our plans and drove out to nowhere instead of heading in to explore the city. In choosing the less traveled path, I found a jewel of beauty, peace, and magnificence. As in the poem, I doubt I will return to where my choices diverged but I have no regrets on the choice I made.

As we continued our hike back, I wondered how often my need to feel safe and secure had prevented me from a magnificent discovery. In general, I am not a big risk taker. I prefer to know what I am getting and where I am going. Truthfully, beginning my coaching practice is the biggest risk I have ever taken. My practice has proven to be an amazing road of self-discovery of my strengths, weaknesses, abilities, and talents. I proudly say I hold no regrets in choosing this less traveled path of life.

My awe-inspiring experience on the road to the green sand beach has increased my awareness of the choices I make. I am now exploring how to balance my need for security with a desire to try the unknown. Below are some questions I am asking myself. What would your answers be?

How often do I venture onto the road less taken?

Would my life be unnecessarily complicated by trying a less traveled path? Or, would it be easier?

Can I tolerate the risk of the unknown?

Is fear holding me back? If so, what am I afraid of? Is there a way to conquer that fear?

Updates:

The **Get It Done! Coaching Group** is off to a great start! I look forward to continuing to offer this group in-person AND via telephone. The group costs \$100 for 4-weeks. Look for updates here and on my website as the New Year approaches or call 410-757-7326 for more information.

Workshops:

On Thursday, November 17 at 10:30am and 5:30pm, a free one-hour workshop, **Avoiding Holiday Stress** will be presented by Suzette Langley at Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD. Workshop participants will identify sources of stress during the holiday season and develop strategies to cope with holiday stressors. The workshop will include ways to simplify the holidays and reduce financial stress as well as 25 tips to de-stress. The workshop is open to members and non-members of Big Vanilla. This workshop is presented as part of the **Have A Healthy Holiday Open House and Free Guest Day** being held from 8am to 9pm, November 17th at Big Vanilla.

On Saturday, December 31, from 11:00am to 1:30pm, I will be holding a **Workshop for Women in Moline, IL**. Join other like-minded women in exploring how to put yourself at the top of your to-do list! The workshop will cost \$35. Light refreshments will be served. Location: TBA. For more information and to register, call 410-757-7326.

For the New Year:

Ever make a New Year's Resolution that you did not keep? I thought so!! This year, make your resolutions a reality. I am offering 4 individual coaching sessions for \$275 to focus on **Resolution to Reality**. Make the change you desire! Call 410-757-7326 to get started! If you reside in the Annapolis area, **Gift Certificates** are available through Big Vanilla Athletic Club.

To learn more about coaching, visit my website at www.passion-for-life-coaching.com.

If you found valuable information in this newsletter, please pass it along. I welcome new subscribers! To subscribe/unsubscribe, please send an email to passionforlifecoaching@verizon.net. I also welcome feedback and ideas for future topics.

Coaching can help you illuminate the path on the road less taken. To find out more contact me at passionforlifecoaching@verizon.net or 410-757-7326 to schedule a complimentary 30-minute session. Coaching sessions are generally conducted by telephone so you do not need to reside in the same area as the coach.