

# Do You Shuffle? – Guest Post

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By [admin](#)

As I walked through the subway station the other day, the person walking in front of me was shuffling (you know the sound when someone doesn't pick up the soles of their feet off the ground.) Do you shuffle through life or walk with purpose? January 2011 has seemingly just sprinted by us in a frenzy and now we almost reach the end of one of our most romantic months of the year, February. This month of love, romance, caring and sharing should not just be limited to lovers- we need to remember to love ourselves as well.

Well over the past couple of weeks I have taken some time to evaluate my life and how it's going. I quickly realized that I'm running through life and that made me wonder, am I going to fast? Should I pace myself?

Last year was a big year for me starting my company and I'm a totally different person now, not in a bad way, but just different, and it takes some getting used to. So this year I decided to take it at slow and steady pace, then my business took off and I am busier than ever as the travel economy has started to turn around and signed a few partnership agreements for product and writing alliances. So now this year I'm constantly moving, I don't think that's taking it slow because this is a HUGE step. Now, when I look back, I clearly see myself running through life, I'm enjoying it, but I'm running. I certainly feel like I've accomplished a lot and I'm excited for each day to come. I only hope that running doesn't come back to haunt me. One thing that's been very positive about this pace is that I get a LOT accomplished because I'm used to it now. I'd also like to say this is not about skipping steps or not evaluating things, this is about accomplishments throughout the entire year.



So do other members of your family or friends run through life? Are you a runner, a walker or a crawler? What are the positives and negatives of each? Not that any of these are bad, it's a personal choice. As I evaluated my own life I noticed there were years when I crawled, years when I walked and now years that I run. I can only hope next year will be a year I can crawl, with a dirty martini in my hand and wake up to a freshly made smoothie in the morning.

Sometimes I feel like we all have those "show me your Jazz hands" moments and others we retreat and take notice but do we all take the time to acknowledge? Sadly, I believe the answer is no and that is for many reasons. We have too much going on, we forget where we came from and we sometimes can't see where we want to get to! How about turning over the page and starting with a clean one and force yourself to take assessment (mine is best done on a beach with the ocean as my background noise) and put forth the new page, the one you have written all by yourself with clear mind, clear conscience, open heart and willing soul.

"Respect your life enough to pursue a meaningful mission. Respect yourself enough to give yourself something to do." – Iyanla Vanzant

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