



## Try Something New

What a wonderful week. The weather has improved with lots of warmth and sunshine and with it the general mood of the people around me has also improved. It has been great to get out and about.

Over last weekend I attended my first Athletics Meet, not as a participant but as a spectator. My son has taken an interest in athletics and had asked if he could participate and see what it was like. So off we went and spent a morning in the sunshine watching lots of youngsters running, jumping and throwing. We had lots of fun and although my son did not feature in the medals, he came away ready to do better in the next competition.

What fascinated me, watching him during the course of the morning was the interplay of excitement and anxiety, his constant looking around to absorb the atmosphere, the ease with which he chatted with other competitors, the very occasional touching base with me and yet at the same time wanting to know where I was going to be standing.

It was not just my son who had new experiences, I too enjoyed the atmosphere, found myself chatting with other parents whom I would not have met otherwise and was fascinated by the level of concentration on some of the competitor's faces and lack of it on others. Being there was outside my comfort zone simply because it was new to me but like my son I will be happy to attend the next event. That mix of anxiety and excitement when engaging in something new is a good feeling that I want to repeat.

Often as adults, we get used to doing the same things, going to the same places, eating the same food. We get very comfortable and settled in the day-to-day events of our lives. Sometimes it is good to give ourselves a little jolt and try something new. It may be something very simple like trying a new restaurant with a different style of food, visiting a museum or art gallery, or it may be something bigger like taking up a new hobby, learning a new skill, taking a class, joining a club.

What is important is that by engaging in something new that is outside our normal routine we open up the opportunity of enriching our lives, of developing new interests and passions. If the new activity also involves other people then we bring a little bit of those people's experiences into our life.

And so my challenge for you this week is to go out and try something new. It doesn't have to be anything big just try and let it be something that you have said you must try but never have. I hope you enjoy the experience and most of all that you have fun. As for me, I'm off to go rollerblading.

Warm Wishes

Mary

*If you are currently stuck in a rut of the same old routines and you are ready to change then give me a call.*