

We cannot isolate our spiritual (internal) life from the rest of our life, for it is in our day-to-day situations that we experience our personal transformation toward wholeness. – Joyce Rupp



I often mention that life is a journey, and that I am grateful for the times when I can travel with one of you for a short time. We are always on a road from somewhere to someplace. Every January, I like to pause and look at where I have been, how far I have come, and to think how the last part of the journey has impacted me. Our adult son summarizes his yearly evaluation this way: *If I am in a better place (on at least one dimension of happiness) then I was last year, it has been a good year.*

Every January also allows us to pause, take stock of our resources, refresh our dreams, and determine whether the path we are traveling on is the best one for us going forward. Some of you are excited to rush into the new year, hoping for good things ahead. While others are worried and dreading what lies just around the corner. One physician asked that we spend some time “to gain some wisdom from my decisions and worries over the last year.”

We decided to look at the choice points in the road and to identify the places that were blessings, affirmations, life-giving moments and those that were challenges, discouraging and maybe even destructive. The exercise led us to take stock of the present situation, the resources that were still available, and the need to refuel for the next leg of the journey. It was helpful to evaluate the roadblocks that had been presented, and how they were navigated or not, and what that meant. The most important aspect of our examining the trip came when we became aware of the people who had been on the road at the same time. Sometimes it was helpful to stop and listen to them and sometimes it was more important to be alone and rest.



As you close out 2018 on your own path perhaps you can take a few moments and revisit how the journey has been. Is it time to try a new path, to rest before you continue the same path, or rush full steam ahead with anticipatory joy! Whichever choice is best for you is the one I hope will be experienced in January and lead to a fabulous adventure in 2019!

Thank you for all the ways you allow me to be a traveler with you on your journeys.

Kathy



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