The Personal Journey
Life is a Journey
Full of Choices

Enjoy today.
In the hike of life, we can focus on the obstacles along the trail or the beauty that surrounds us. Those who find the beauty in daily life travel well.
What beauty have you experienced today?

Find the gems in your past.
Anyone who wants to find a gem must be willing to search for it. Likewise, we find treasures in our life stories when we are willing to dig through challenges and disappointments to find them. Those who find and cherish the gems in their past are those who live the best lives.
What are some of the gems you have found along life's path?

Use your strengths.
Each person has strengths and weaknesses. The greatest joy and progress come from using our strengths while managing our weaknesses. We discover our strengths by noticing what we enjoy doing—those things that challenge us and get us excited. How will you use your strengths?

Look forward to tomorrow.
People who are excited and hopeful about the future are likely to have better journeys. Hikers who look for and expect to find good things usually do find good things. Who knows what great things will happen tomorrow?
When anxiety and fear tempt you, how will you stay hopeful about life's possibilities?
Choose to grow.

Growth is the surest sign of progress in life. Seeking new ideas, experiences, and projects helps us grow and enjoy our journey.

How will you cultivate personal growth?

Choose to serve.

When we focus primarily on ourselves, our view of the world is narrow and limited. As we turn more energy and attention to helping others, the meaning and satisfaction of our own lives expand. There are countless places and ways we can serve others.

What will you do to make the world a better place?

Don’t forget your compass!

Each of us is equipped with a personal compass—or conscience—to guide us along life’s journey. Conscience is the peaceful voice inside of us that invites us to be compassionate, kind, and honorable. When we ignore the compass, we get lost. When we use our compass well, our journey will be richer and more meaningful.

How will you better follow your compass?

You’ll be making many choices along your personal journey. Use this trail map to make better choices: Have a great journey!

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