

Inspiration on the Trans Canada Highway



We all want to have happy and fulfilling lives at home, at work, and into retirement. And we can have exactly that if we learn to recognize the opportunities available to achieve these things. In order for us to experience the best life has to offer, we need to mine the diamonds around us.

I have discovered diamonds in the most unlikely places. On a road trip to the west coast, I met a fascinating woman. First, you might ask how I came to meet anyone while traveling on the Trans Canada Highway. Simple. You have to stop. You also have to be at the right place, at the right time, and be open to opportunity. I pulled off at a rest stop in the heart of the Rocky Mountains. It was a sunny afternoon in early October. The scenery was spectacular.

I was overjoyed with having found such a wonderful place to take a rest from the drive. I watched as an older woman stood motionless, gazing at the surrounding beauty. I seized the opportunity to meet a fellow traveler. We instantly engaged in conversation.

Marlene was just returning from a super adventure. She had biked across Canada alone, save for her husband who traveled in their motorhome. She had departed Vancouver in May and arrived in Prince Edward Island in September. Marlene had pedaled over 5000 kilometers from one coast to other.

She shared with me some of her frights, her delights, and her many feats of endurance and bravery. She beamed with pride as she explained that she started out wearing a size 14. She stood before me, now a svelte size 8. And, she proudly stated, she was 67 years young. Marlene's broad smile was absolutely magnetic.

Considering her remarkable accomplishment, it came as no surprise that Marlene was still actively engaged in self-employment. There seemed to be no limits to what this woman could

do. She was a true testament to the incredible versatility and vitality that was possible well into a person's late 60's.

I admired this woman's sense of adventure and would have dearly enjoyed spending many hours with her. But it was not to be. We were each enroute to other places. As we departed, I asked her one last question. "If you were to tell others what you have learned that would help improve their transition to retirement, what advice would you give?" "Please tell everyone," she said, "change the way you eat, and it will change the way you think." She went on to explain. As she began her trek, she just naturally began eating differently. She began to acquire a taste and desire for healthier foods and actually found she had lost interest in sweets and junk foods. In doing so, she confided, she had entirely changed how she now thinks. And this new thinking, she proclaimed, was having wonderful consequences in her life.

I had, indeed, found a diamond at that roadside stop in the mountains. I could not have anticipated receiving such sage advice. I took a road trip, and came away, having discovered heartfelt inspiration along the Trans Canada Highway.

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