

When we plan a vacation, we plan where we're going.
The place.

And then do we wing it and hope for the best, or do we
lay out a plan so we can get there?

Think about it -

We went to upstate New York over the holidays to
spend time with Mark's family.

We had a plan:

- What day to leave
- What time to leave
- How long it would take
- Where to stop overnight to sleep
- Meals (we brought a cooler!)

We also had a plan on the other side, after the visit.

And when you plan a Big Trip, like to Paris or somewhere
spectacular, you line up tours, places to go and see, and
you really get into the details because you don't just
walk into the Louvre, you make a reservation first.

When Mark and I went to Italy a few years back, we did a
walking tour of Rome with a guide, we spent time in
Amalfi, and we saw tons of museums, churches, sites,
and even the Italian countryside.

We EXPERIENCED Italy, BUT FIRST we made a list of what we wanted to see and then we created a customized plan to make it so.

There were twists and turns - it didn't all pan out exactly the way we intended...BUT...

To this day, I can still smell the delicious food from that trip, see the canals of Venice, and even the train rides - it was the trip of a lifetime.

The small road trip to Liverpool, NY, and the big, glorious trip to Italy both required vision, planning, and willingness to take the first step to get there.

Road trips are arduous.

So are plane rides to Europe. BUT your journey depends on the planning, taking the first step to get there, and then being flexible when it doesn't all pan out. That's how journeys are.

Eric Ries said, "A pivot is a change in strategy without a change in vision."

He also said, "Think big, start small."

Little things mean big changes over time. For example:

- Black coffee vs pudding coffee
- Stopping the snacking
- Intentionally moving vs. sitting all day
- Eating when hungry and stopping when satisfied

Little changes can (and DO) support a great big vision when done consistently.

-You don't have to run a marathon, you just need to take the dog for a walk.

-You don't need to eat horrible, cardboard food; you just need to eat real food seasoned well.

- You don't need to take a 2-week vacation to relax; you just need to harness the magic of meditation and breathwork.

-You don't need to feel good to smile at a stranger (but watch how smiling makes YOU feel)

Little things add up.

Life is cumulative.

Small actions taken daily will create the vibrant life you want.

Remember the story about Michelangelo's David?

The statue had been commissioned by another artist, Agostino, in 1464.

But he quit.

Then Rossellino took over, complained about the poor quality of the marble (excuses!), and he quit, too.

Then in 1501, 26-year-old Michelangelo was given 2 years to finish the project, and he did - in 1504, a year over the time given.

"I created a vision of David in my head and carved away everything that was not David," - said Michelangelo

Bit by tiny bit, a masterpiece was created that has endured for hundreds of years.

And do you know what Michelangelo's last words were?

"I'm still learning."

We plan. We plan in detail - but we plan based on a vision.

The more vibrant, the more vivid, the more consistent we tap into our vision, the more our actions will begin to create our own masterpiece of our lives.

Bit by tiny bit, chipping away, however long it takes.