



Challenged By a Major Change?

My "only best" daughter left me 6 weeks ago today—far too soon—it seems.

I found one long "Danielle hair" on the bathroom floor yesterday. It brought me to tears. Yes, a part of Danielle still exists. Before she left for college I was mad about her hair everywhere. If only she knew now how much that one little hair meant to me and how it brought me to tears.

And, now that she is gone, the house is so quiet I can hear my freezer make ice cubes. When I hear the ice cubes I automatically think of food. And, naturally when I think of food I think, "Is Danielle eating breakfast?" "Is she finally drinking the 'yucky' dorm water?" Despite being her "dietitian mother" for 18 years I have never given so much thought to what she is eating as I do right now. ~~ So much thought and no control of her life anymore!! Wasted energy I guess! I have raised "Dazzlin' Danielle" and "Brilliant Brett" to respect others, work hard, choose wisely and anticipate consequences. As sure as I am of my death and paying taxes, I was sure my kids would leave my nest. I can only hold hope in my heart that they sense their power to do good in this world and come home every once in a while to deposit their hair in my bathroom so I have gentle reminders of their presence in my life for which I am most grateful.

Danielle's leaving is not the first change in my life. Every change in my life usually involves a loss of something ~ no matter how trivial. Each attempt at my next level of life change has helped me to feel the fear of the change, look at the change and be willing to "let go" and just be ok with it. And, to know change is the constant in my life.

What about YOU?

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