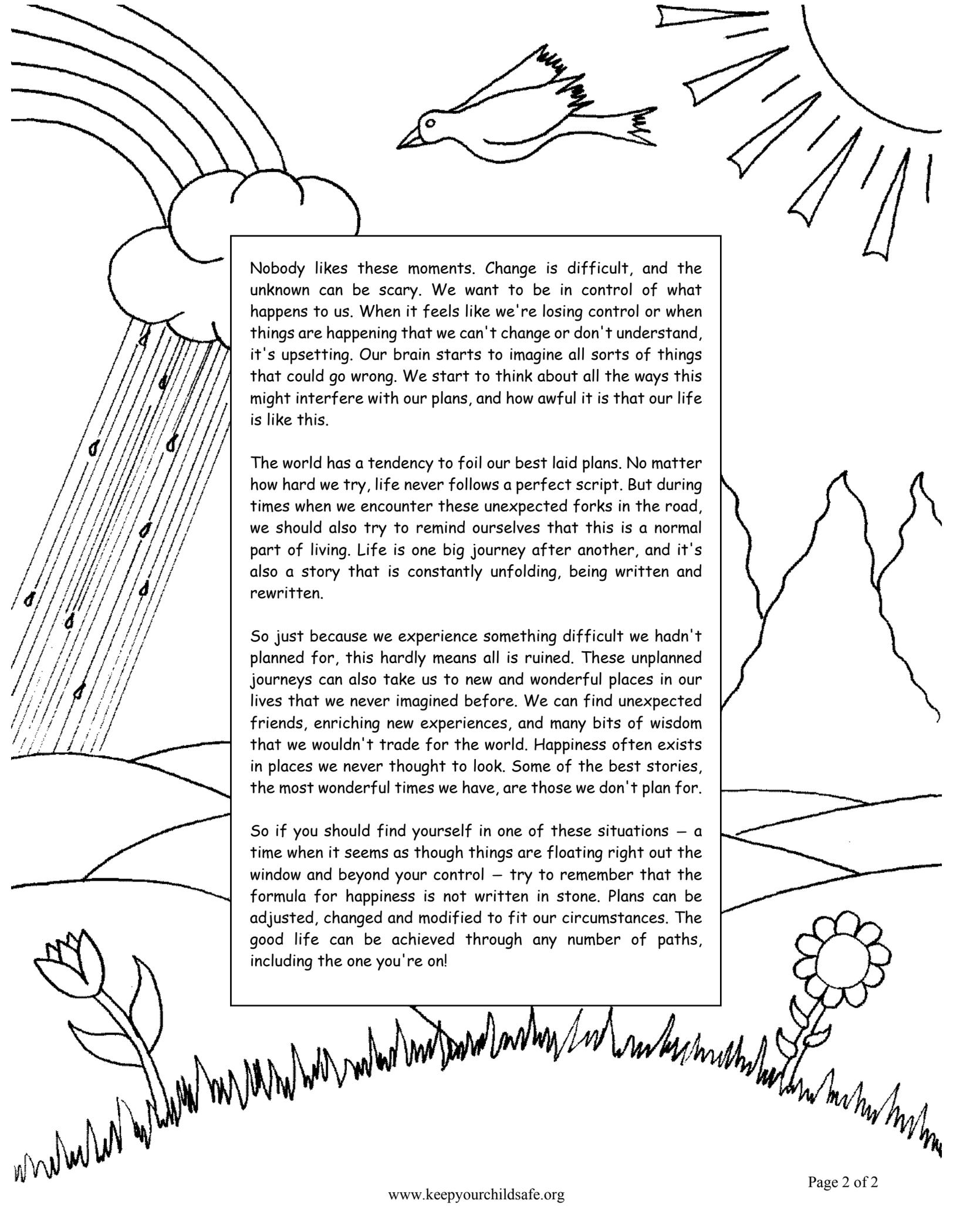


There's only one thing for certain in this world, and it's that life is unpredictable. We never know for sure what's coming next, and every once in a while, life will hit us with something completely unexpected. Some of these things can leave us feeling as though our life is flying out of control. We don't know where things are headed, and we're not at all sure that we'll like where we might end up.



Nobody likes these moments. Change is difficult, and the unknown can be scary. We want to be in control of what happens to us. When it feels like we're losing control or when things are happening that we can't change or don't understand, it's upsetting. Our brain starts to imagine all sorts of things that could go wrong. We start to think about all the ways this might interfere with our plans, and how awful it is that our life is like this.

The world has a tendency to foil our best laid plans. No matter how hard we try, life never follows a perfect script. But during times when we encounter these unexpected forks in the road, we should also try to remind ourselves that this is a normal part of living. Life is one big journey after another, and it's also a story that is constantly unfolding, being written and rewritten.

So just because we experience something difficult we hadn't planned for, this hardly means all is ruined. These unplanned journeys can also take us to new and wonderful places in our lives that we never imagined before. We can find unexpected friends, enriching new experiences, and many bits of wisdom that we wouldn't trade for the world. Happiness often exists in places we never thought to look. Some of the best stories, the most wonderful times we have, are those we don't plan for.

So if you should find yourself in one of these situations – a time when it seems as though things are floating right out the window and beyond your control – try to remember that the formula for happiness is not written in stone. Plans can be adjusted, changed and modified to fit our circumstances. The good life can be achieved through any number of paths, including the one you're on!