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“Friendship is the bread of the heart” Mary Russell Mitford

Paradise is About the Journey, not the Destination

By Ira Franco Your Partner - Your Life Coach

Advertisements have phrases that try to capture our attention in order to sell a particular product or service. I read a sign once that read: Paradise is about the journey, not the destination.

I don't remember what they were trying to sell. It may have been a five star hotel, a liquor, or a tourist destination, but the sentence left me thinking.

The paradise I'm referring to is not the religious kind taught in churches and schools, but rather reaching a state of well-being and having peace of mind in our everyday lives.

How would you define *your* paradise?
What would *your* journey be like?
What tools do you need to achieve it?

Make no mistake, the road to paradise is not a smooth one. It has many curves, speed bumps, challenges and/or distractions. But remember this; what matters is that paradise is about the journey not the destination.

Good Luck!

(*) Sesiones Disponibles en Español