



What would you try if you remove judgment and stop worrying about failing? How will you get out of your own way to tackle something you've wanted to try for the 1st time or do again? Wendy will share stories of her own previous personal roadblocks and how reframing your perspective to one living a life of curiosity will significantly broaden your horizons.

There are SOOOO many stories i can share that relate to today's focus on getting out of your own way and how, by the simple act of embracing a different perspective, taking a deep breath and just going for it, you will have already succeeded in whatever you're attempting.

I could talk about cooking - now THAT is scary for me.
No innate ability but seem to be more courageous and adventurous now

I could talk about when i was in college and went to spend a summer with a host swim family and a national swim team in Boca Raton and was petrified. Sat in my car, intimidated by who I thought would be there and worried that maybe i wasn't good enough. I could just turn around and drive home and nobody would even know. But I didn't. I took a deep breath and just walked in. No dragons actually had to be slayed and nobody shunned me. Instead i was welcomed in. Was a really great summer. HERE

But today I'm going to talk about something many people may not consider TRYING in their 40s and 50s....mountain biking.

See, I'm what's called a roadie
Skills on a bike and i love it but it doesn't necessarily translate into being a good mountain biker.

I WANT to be a better MTB - that has to count for something.

Competitive head, confidence in SOME level of skill adds fuel to the fire.

Bruises and risk - will also post lovely bruising pictures just to see who's curious in that realm

Book - there will be pain chapter.

Can be minimized - trails are diff colors

Payoff is the most incredible scenery, heck of a health benefit in a great workout and many fun stories with wonderful people

- will post pictures on my website from my escapades in Colorado and Utah last year. The great news is that you able to socially distance extremely well on these trails.

Fun stories like my yoga pose - not to scare anyone but this will only happen if you're using clipped in shoes and trying trails above your skill set.

There are many, many, many trails to ride that require no true skill and still bring all the benefits - scenery, fun exercise and great stories - that EVERYONE can enjoy.

But what if I didn't try? Or what if i let my fear keep me away from something that was a bit more challenging. Yes, it includes me balancing risk and each person has to decide on their own, but for me, I truly believe that life is sooo short and that as I get older, i know there WILL be a time I won't be able to ride and I don't want to look back and wonder if I should've tried it.

My FB challenge this week includes a photo of me wearing my Suck it up Buttercup headband from that same handstand ride. I specifically chose to wear that on that Saturday morning as part of truly suiting up for a great day on the bike with kind, patient and extremely helpful biker GANG, seeing some of the most beautiful trails in the Western United States. What more could a girl ask for?

Check out my photos on my website at www.destination-u.net and then Join me on the FB Challenge and share what YOU will do to get out of your own way - to remove any concern of failure and instead a commitment to living curiously and laughing a LOT.

Get over yourself.