

One Step at a Time

Hikers and backpackers have a saying, "One step at a time."

When you are out there hiking up a long, strenuous mountain pass it is easy to wonder if you will ever get to the top. But every hiker knows that if you just keep putting one foot in front of the other you will eventually get there.

Having a goal is good, but if you are always focused on a goal that is far away, it can be discouraging.

The better strategy is to just enjoy the journey all along the way, knowing that with each step you are getting closer. In fact, looking back down at where you came from is much more motivating than looking up at how far you have to go!

I have stood on top of many mountains and I have been in many deep valleys. The lesson is that one step at a time gets you there!