

Sunday, 21st June, 2020

10:30pm

Dear Diary,

"ALL PEOPLE HAVE THE SAME JOURNEY TO TAKE - THEIR LIFE"

This was the quote from an article that made me to ponder over what exactly is "journey of life"? We all know life involves a lot of unexpected events and this shows uncertainty that can occur in our lives. I think life is one word that comes with multiple meanings and experiences. Experiences for me has always been a learning episode that changes the outlook of an individual.

When one is all set for a journey or an adventure, we don't know what this journey has stored in for us, but the thrill of travel (day to day living) leaves us excited and ready to discover. There are at times when the roads are straight and times when they are winding. There are many ups and downs. One that came up during our journey (of life) is the pandemic that we are all in together. The COVID-19 pandemic has been one of the most challenging phase in everyone's life. That's not what many of us when we were first told that our lives were about to become so much more restricted than usual with weeks of potential boredom, confined within our homes, stretching ahead of us. This one outbreak showed how one's life can be uncertain.

Through social media i got to read stories telling how people are helping each other, engaging their hearts and creating smiles even during this terrible misfortune. I think that's how one should have a positive outlook towards life - always ready to perceive any problem in the right way with positivity and good energy. That's one important point one need to always inculcate in their lives.

In this current journey of ours, there is no idea how life is going to be once this crisis would be over. Certainly it will not be going to be normal.

With all this happening around there is a lesson that I and everyone should learn :-

Nothing in our life is not guaranteed to be there tomorrow. Life can change in an instant. Make sure we appreciate what we have and be thankful to the Almighty.

Let's learn to accept what we have, cherish our lives and enjoy every moment.

Few lines from an unknown author which has to be remembered throughout this journey of life:

"Life is a journey, not a destination for happiness or sadness but it's a continuous journey which we need to experience - every aspect of life... ."

Dale