Craig D. Lounsbrough, M.Div. LPC

Left Lane Living – Driving at the Speed of Life

Licensed Professional Counselor

Certified Professional Life Coach

We end up in the traffic of life; the molasses-moving, pathetically congested, ever-frustrating right lane of traffic. Once we’re in the traffic of life and we’re firmly in the right lane we set our speed to whatever the traffic around us is. Whatever the life in front of us is doing, that’s what we end up doing. Our cadence is determined by the bumper that we’re riding in front of us, and the one that’s riding us in the rear. We become a link in a long progression that settles into a methodical flow that devolves from going from one place to another. We end up doing nothing more than just maintaining some sort of general movement that eventually becomes all about the movement and has nothing whatsoever to do with a destination of any kind. Maybe it’s time to move to the left lane.

As I contemplate my life, what are three goals that I set sometime in my life that I’ve never achieved?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If I were to identify two things that caused me not to achieve those goals, what would those two things be? Examples might be lack of time, insufficient energy, inadequate resources, unexpected losses, loss of passion, physical issues, mental health issues, a jaded attitude, choice of other goals, life circumstances, divorce, death, etc.

How *frustrated* are you that you did not achieve those goals?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

If you had the ability to do life all over again, *to what degree would you do it differently*?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

To what degree would you tell someone else that they should live their lives the way that you have?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

Based on your observations from the questions listed above, what are three basic things you can do to ‘get in the left lane’ of life and move forward?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_