

[A Self-Guided Tour of Roads Less Traveled...](#)

Sat, 29 Oct 2011

4:48 PM

This is a...

Test of the emergency broadcast system. If this had been an actual emergency, you would still be annoyed by the programming interruption.

Security: Public

Location: Not Specified

Mood: Not Specified

Music:

5:05 PM

Step One

The first step into the unknown is always the scariest. In this case, it's been considered over the course of months and all has kind of led up to where we are right now: this very second. I was brushing my teeth earlier while doing squats, grimacing at my abs in the mirror and reflecting on what I should write about next for the Roads Less Traveled blog when it hit me: I should write about myself. And not only that, I should do it for myself. For once, I should drop everything else I have to do and start thinking about what I have to do for me.

So this journal is going to do just that. It's going to be my own attempt at self-coaching. It will provide for me an objective glimpse into my own personal development progress, and it will also serve as a reminder that I am--and if I'm not, I should be--my very own VIP. I may not update every day because I don't want this journal to become a chore. It's not about that, nor should it be.

Instead, it's going to be somewhere I can go to reflect and plan. To dialogue with myself or to look back and mark my progress. In it, I will challenge myself and comfort myself. Post reminders and congratulatory notes. In short, it's what I make of it. It may, at times, look a little crazy to the outside observer, but that's okay. A little crazy means there's activity. Crazy (within reason, of course) keeps things interesting.

So, consider this my first step: starting this journal. My next entry will likely be a brain-storming session of my goals. But... we shall see. Happy journeys!

Security: Public

Location: Not Specified

Mood: Hopeful

Music: