

e-Thoughts — Are you spontaneous?

October 2015 Newsletter



Our e-Thoughts feature provides close-up views on topics and areas of interest from everyday life.

This month, the newsletter theme is “Be ready for anything.” Actually, I’ve always dreamed of being spontaneous. You know: ready at a moment’s notice. Ready for fun 24/7.

But it’s usually easier said than done. So lately I’ve been trying to be less structured. That can be hard with a job, family, dog and lots of responsibilities. But I have found some satisfying ways to do it.

- I recently drove five hours round-trip in one day to meet an out-of-state cousin for lunch. It was a spur of the moment idea that came up on a free day for both of us. We spoke on the phone in the morning, agreed we missed each other terribly and just hopped into our cars to meet “in the middle”. It was great fun to do it without planning, worrying about traffic and so forth.
- My husband and I took a few last minute trips to the beach on summer weekends. The nearest beach is 1.5 hours away and we used to plan for a week or more before going. This summer we enjoyed being more impulsive.

- Dinner home or out? We’ve had fun recently flipping a coin and letting chance decide! We just do it once a week — it can get expensive!

How do you feel about being spontaneous? Is it fun? Difficult? As one who has been trying to loosen up a bit, I can tell you it feels terrific!