

Maybe it's not true for everyone, but I think most people spend far too much time worrying. As someone who is not an exception to this, I can say that to let go of expectations of the future is to give up control, which is a scary concept for most. This is something I've been wrestling with for as long as I can remember, and it continues in my journey to become a physical therapist.

Expectation versus reality is the key concept here. I can make a million plans for what I'll do for x, y, and z conditions, but the second that patient walks into the clinic I may have to throw out every idea. This reflects on my own life as well, where I may have all of the expectations in the world of what I'm going to do on a given day and then something else comes up and suddenly I'm puzzling over IKEA furniture guides with a friend.

As I've grown up, however, I've learned to let go a little more often. I've realized that, at least for me, life is like a river and I'm the raft going down it. There may be certain stopping points along the way that I'm going to encounter, and calmer or more turbulent spots, but I'm still going down the river. I have a general idea of where I'm going on this river, but whether I end up hitting a rock, beaching my raft, or maybe even seeing a beautiful section of forest along the way, I can't always determine.

I guess what I'm saying is that sometimes rather than trying to plan every part of life, we simply need to learn to let go and ride where the river takes us.