

If we think of our car.

When we got that car, the engine purred. You could still smell that fresh car smell. The paint glistened in the sun. Lot's of tread on the tires. Everything worked when you turned the key.

Opps! Missed the oil and lube. That nagging dash light kept flashing...

Then one day, it backfired?

You were surprised, but kept driving. Pretty soon the warning light went on. But still you had places to go! No time for that!

But then it overheated and the illumination dash stopped blinked and an illuminated message began to appear. "Pull over and turn your car off immediately!"

So you took it in, had a service and got back on the road.

The impact came totally out of the blue. You hadn't seen it coming. What had just happened? It was hard to think.

Emotions crowded in on each other.

Blame, self-doubt and lots of stress.

Before you had even unbuckled, your mind raced through finances, canceling vacations, and mortgage commitments.

The crumpled fender was another reminder that life was moving fast.

And then things really went sideways.

There is always a tipping point.

This was one of those times. Things were falling apart in other areas too. Not sleeping well. Feeling exhausted.

Skip the gym, grab a burger and coffee on the fly.

Now empty coffee cups and takeout bags littered the passenger floor and your skinny jeans

Maybe it was overwhelming....so you let it slide? Why? because... that's why.

Even though you arranged the repair, it would be a few weeks before getting in. They were booked solid.

Should you wait? Was that the right choice to wait? Maybe you should have called another repair service?

Your me, myself and I were talking loudly.

You could almost feel your head spin.

This was another unwanted inconvenience on your plate.

S T R E S SSSSS!

You know how it goes.

Even though it felt disorganized, there was no energy to do the clean.

Two weeks passed. The snooze button left you exhausted and stressed. So you hand ironed last weeks blouse and decided to grab a coffee on the way.

As you flew out the front door your mind kept moving.

But everything else came to a full stop.

The tailgate hanging haphazardly in the driveway. What else could go wrong?

Frustration rose while waiting for the tow-truck. A major overhaul was on the horizon.

And the clock tick-tocked.

OK, you realized it was time.

O.M.G. It really is time!