

Seven Principles We Can Learn from a Bicycle Ride

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Traveling on the road of life is amazingly similar to riding a bicycle. The following life principles are reflected in a bike trip. Paying attention to these fundamentals of the journey can be very helpful in attaining your goals. If these principles are not present on your travels, the journey will be hindered. These principles are inter-related and together provide you the endurance to reach your destination. Your life operates from the same principles and when understood, can aid you in reaching your greatest dreams.

1. Direction

Clearly defining your direction is the beginning of your journey. If you jump on your bike and head out without an intention, you may end up riding in circles or even getting lost. The more focused your direction, the quicker you will arrive at your destination. You won't waste time going down the wrong paths or running into unexpected obstacles. Taking some time to get a clear vision and then planning your course will make your trip more worthwhile and expedient. Although you may come upon some unexpected delays, you will still not get too far off course if you keep your focus on your target.

2. Balance

Balance on your bike and in your life is essential. If you are out of balance, you will tip over and fall in the road. Your life journey requires balance, too. If your life is out of balance, you will have a bumpy road. Human beings need to be balanced in their body, mind and spirit. Humans need socialization, recreation, rest, good nutrition, exercise, mental stimulation and spiritual alignment. If you are putting all your energy in one or two areas and not giving your soul and body the balance it needs, you could end up out of wind, stability and enthusiasm before you complete your journey.

3. Tempo

The cadence of your pedaling will affect your ability to stay the course. If you pedal too fast or work too hard, your stamina will be diminished. If you pedal too slowly you will lose momentum and fall over. Steady pressure and a comfortable rhythm will help you go farther. You will retain your energy and make fewer mistakes. Life's path is exactly the same.

4. Energy

You are the engine that that keeps your bike on the road and you require energy. Although we all have a life force pulsating through us, how you use that energy is up to you. Having the optimum energy can be assured by maintaining a healthy

body, an optimistic mental attitude and an alignment with your inner spirit. Your zest and energy are also enhanced by your sincere desire to achieve your goal.

The energy drainers include stress, addictions, focusing on the past, emotional drama, holding onto grievances, fear and worry. When you balance your physical, mental and spiritual facets, you will have the vitality and vigor to go the distance. Without replenishing yourself, your energy will desert you and you will give up before you reach the end.

5. Will

Will is originated in desire and sustained by a strong passion to achieve your goal. Without a strong will to complete the journey, you will be tempted to give up when the going gets tough. Having a clear vision of where you are going will keep your enthusiasm alive. If you don't have a personal aspiration, you will not have the commitment to strive for it. Desire and passion make the trip exciting and joyful. Trying to reach someone else's goals lacks the most powerful secret to success—an unswerving will to succeed. Ask yourself, am I committed to this because it calls to my deepest desires or am I following someone else's dreams?

6. Persistence

Many people start out on their voyage with a great vision and then they start losing their dedication and perseverance. There are some parts of the journey that can be boring and sometimes very challenging. It is much easier to give up and try something else. Most people give up long before they should because they lose faith in their dream. Faith is supported when you align with your inner spirit. Connecting with your inner spirit will strengthen your resolve and confirm your intentions. Your persistence will flourish in spite of uncertainty.

7. Courage

The path to your greatest dreams will require the utmost courage. Recognize that when the path is steep and the risk is large, your reward will be even greater. The journey becomes the most difficult as you are nearing the completion. This is the place where many turn back. This is not the time to give into fear. This is the moment that tests your soul and helps you discover who you really are. When you look within, your inner spirit will fortify your strength and shine away all doubt.

Because these principles are so inter-connected, improving one area will benefit another. For example, if you begin to exercise, eat better and improve your physical health, your energy level will increase. When you feel better, your mental attitude picks up.

Or if you are losing your perseverance, going back and clarifying your direction can give you the stamina you need to continue. A bright vision or purpose can rekindle your passion and expand your courage. Clarity returns and the clouds of confusion disappear. Together, these life principles will lead to a successful journey!

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