



Tips & Action Steps - "Arriving at Your Place - Finding the stop that restores you"

On every journey, there are places we pass by—and places we're meant to stop. Your place isn't about reaching a final destination, but about discovering the spot along the way that restores your energy, grounds your spirit, and reminds you why you're on the road at all. It's where you thrive, where you belong, and where you begin to step into the best version of yourself. The right place doesn't just hold you—it transforms you for the journey ahead.

Every road has exits, turn-offs, and stops along the way. But not every stop is your place. Sometimes we pull into a rest stop that just doesn't feel right—too noisy, too crowded, not what we needed. Other times, though, we find a spot that feels different. A place where you can breathe, reset, and feel like yourself again. Maybe your place is somewhere you can visit regularly or maybe only once in a while, but when you know it, you know it.

That's what I mean when I say arriving at your place. Your place isn't just about comfort, it's where your strengths and your purpose connect. It's the space where you leave feeling more alive than when you arrived. And here's the thing: most of the time, you don't stumble on it by accident. You have to notice.

Notice where your energy goes up instead of down. Notice when your values line up with the work you're doing. Notice the moments when time flies because you're so absorbed in what you're doing—or when people around you light up because of what you brought to the table or when you recharge in a way that allows you to jump back in the fast lane.

Arriving at your place doesn't always mean staying there forever. Sometimes it's a season. Sometimes it's a stretch of road. Sometimes it's just a short visit. And sometimes your place changes as you grow. But when you find it, you know—you feel grounded, you feel purposeful, and you feel better for having been there.

So maybe the question isn't, Do I have a place? —because you do. The question is, Am I paying attention to what it feels like when I'm there? Am I willing to leave the spots that don't fit so I can move closer to the one that does?

Your place is waiting. And when you arrive, it doesn't just hold you, it shapes you into the person you're meant to be for the miles ahead.

Pause and Reflect: Finding Your Place

Sometimes your “place” is about alignment within yourself, and sometimes it's about the physical environments that restore or revive you.

1. Energy Check

- When was the last time you felt truly energized by what you were doing?
- Where were you physically at that moment—did the place itself play a role?
- What about that environment (sounds, people, scenery, atmosphere) made you come alive?

Examples of energizing places:

- A bustling meeting room where ideas are flowing
- A quiet morning at your desk before the emails start
- Working in your garden or out in nature
- A workshop space where hands-on learning happens

2. Alignment

- Where do your values, skills, and passions naturally overlap?
- Is there a place—at work or outside of it—where you feel those three pieces come together?
- How often do you spend time in that kind of place right now?

Examples of aligned places:

- A teaching setting (classroom, community hall, Zoom room) where you see lightbulb moments
- A kitchen or farm where your skills create something meaningful
- A local coffee shop where conversations flow easily
- A faith or spiritual space that centers you

3. Seasons of Place

- Has there been a time in your life when you felt “in your place”—both in your role and in your physical surroundings?
- What about that season (location, people, routines) helped you feel grounded?
- What has changed since then—about you, your work, or your environment?

Examples of seasonal places:

- A first office where you felt part of a strong team
- The family dining table where big decisions and laughter happened
- A library or classroom that shaped your curiosity
- A favorite walking trail that marked a season of growth or healing

4. Listening Inward

- What signals tell you that you're not in your place (stress, fatigue, frustration)?
- Where do you usually feel that way—at your desk, in certain meetings, at home?
- What signals tell you that you are in your place (peace, focus, excitement)?
- Is there a physical setting that helps bring out those positive signals more often?

Examples of restorative places:

- A cozy reading nook with no distractions
- A local park bench where you can pause and breathe
- The barn, shop, or garage where working with your hands clears your mind
- A kitchen table with family or friends around it

5. Moving Forward

- What is one step you could take this month to move closer to your “place”—whether that’s an inner alignment or returning to a physical space that restores you?
- Who could you talk to or learn from to help you clarify what that place looks like—or to spend more time there?
- If you don’t have a “place” yet, where could you explore—a quiet corner, a nature trail, a coffee shop, or a team environment—that might help you find it?

Examples of forward steps:

- Schedule one hour in your “place” each week, guilt-free
- Rearrange your workspace to feel more like a place you enjoy
- Revisit a place from your past that brought you peace and see how it feels now
- Create a new place—a ritual, a corner, a group—that could serve you in this season

Remember: Your place doesn't have to be one fixed destination. It can shift with seasons, grow as you grow, and change as your needs change. The key is knowing where you can pause, recharge, and realign.