

Life's Too Short

By Jayne Gunn, as printed in Road Today, February 2008

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After each New Year, I find myself reflecting on the prior 12 months, its challenges, hurdles and triumphs. We seem to take most of January to set goals, both personal and from a company perspective for the upcoming quarter, hoping to accomplish better than the proceeding years. During a recent dinner with a close friend, I have come to realize that this year my goals were going to be much different than those gone by. After all, life is too short. Too short for what you ask? Yes, that was what we began to ponder over chicken as well. The answer was quite simple as I soon learned; life is too short for everything.

We have resources available to answer just about any question and to also help us achieve anything we set our minds to. It's all a matter of determining what you want to do and then overcoming obstacles that you may become faced with. There will be times of course that you may become frustrated, question decisions you make, have hurdles that seem more like brick walls that are almost impossible to climb. But if you persevere, it's surprising just how much you can accomplish. Setting realistic goals, assessing them continuously and rewarding small victories is a great way to stay motivated and on track, but is it enough? It can be, but it can also take more.

Women In Trucking was established to encourage the employment of women in transportation, promote their victories and minimize the challenges that they may face. The organization is an active group that finds opportunities to celebrate the accomplishments of women in the industry. From rest room parity to truck stops to tractor specifications, we are there to help and make Transportation a more "female friendly environment,"

Life can be challenging when you are immediately stereotyped into a class or group of people. Whether it is gender, race, religion or something else that can set you apart from "the norm" it can also post barriers when it comes to careers. The good news is it doesn't have to. Support and help is always available in some way, shape or form. All you have to do is ask. So the next time you think you can't do it or won't succeed, remember: you can achieve anything that your mind can conceive. After all, life is too short not to.