



Are Your Expectations Your Reality or is Your Reality Your Expectation?

Iceland~~ Yes!! With persistence I found an Iceland Air package deal which made Iceland affordable. Dream trip?? Right...well not exactly. Picture this ~~ a 6 hour flight with an intention to sleep because you know you will land at 6 am in Iceland and 5 hours later will be at www.bluelagoon.com. My expectation was to have a restful and sleep filled 6 hour flight! In my row, a darling little 5 or 6 year old vomited so many times she used 3 air sickness bags. Her mom who didn't speak English sat between us (thankfully!) Just as the flight attendance handed me my dinner, tomato juice and water "mom" started saying, "bathroom, bathroom!" What to do with a lapful of food? A beautiful flight attendant came to my rescue. She held my tray while I stood in the aisle waiting for my "seat mates" to return from the bathroom.

Another "fun" part of the trip was the small baby who sat kiddie corner from me and behind Gary who we think cried 30 minutes of every hour. I sleepwalked off the plane. No problem, I was in Iceland my dream trip to celebrate my 50th birthday. The Blue Lagoon exceeded my expectations and I felt like I had a taste of heaven as I floated on my back in 110; F water with steam rising all around me. Speaking of being warm..the only time I was not cold was when I was in the Blue Lagoon. We spent one day in the cold, relentless rain trying to find the tourist center. We never found it. We simply got too cold and wet and just gave up trying to find it.

One last Iceland experience ~ I tried Haka! which is putrid shark meat that is buried in the ground for 6 months. It smelled like strong ammonia and tasted like rubbery blue cheese. I thought I was on "Fear Factor" as I mustered up the courage to even try it. I had a huge stomach ache that evening which Gary attributed to the haka!. The smell was so bad no other tourist would even consider trying it. In fact, they all backed away when the jar containing haka! was opened.

A baby crying for six hours, a child vomiting next to me on the plane ride, being cold, walking in the rain, getting a huge stomach ache..good trip you ask? Absolutely. Even on vacation I remember that the only simply perfect no stress environment is my grave. I would rather have a few challenges than the other option of being six feet under. Every day is a new possibility because I wake up to a new day that I haven't lived before.

Chere Bork is a Health and Life Balance Enthusiast, Speaker and Coach
Contact chere@cherebork.com or visit www.cherebork.com to live happy and healthy ever after.

Reprint these articles for FREE whole or in part with attribution to
Chere Bork, www.cherebork.com © Savor Your Life Today, Inc. 2007. All rights reserved.