

Sentimental Journey

You can't go home again. Or can you? I had the recent pleasure of doing some team development work at the University of Michigan, my alma mater. And let me tell you, it wasn't just good to go back- it was fantastic!

Now, I am all about living in the present and not dwelling on the past or future. However, there is something really extraordinary about going back to a place that holds special meaning.

I took a literal stroll down memory lane, by myself, and basked in the fond memories of time spent in some of my favorite haunts on campus. Aside from the occasional Starbucks, the campus remained primarily unchanged. I was pleased to see that some of my favorite establishments, such as the little White Market, had not been gobbled up by major conglomerates. Granted, the darling old fashioned candy store with the striped awning, Drakes, is no more, but my waistline is appreciative.

It's fascinating how even smells conjure up specific reminiscences. Upon entering one of my favorite old restaurants, Seva, I was immediately brought back to my college days. Not to mention hearing names and acronyms that haven't been uttered around me in a couple of decades. Places like the UGLI, CCRB or the Diag. But I digress.

So while it's extremely important to live in the present, there's something to treasure about paying tribute to the places that held great importance in our lives. If you have the opportunity, take advantage of a nostalgic trip back in time. You may want to do it by yourself so as not to be distracted by having to explain the significance to others. But I leave that decision up to you.

Most importantly, remember, appreciate and then on to life's next adventures.