

A paved path leads through a lush garden. Large, light-colored rocks are scattered on the ground. A large tree with a thick, textured trunk and vibrant purple flowers dominates the right side of the path. The surrounding vegetation is dense and green.

Thoughts  
for  
Journeys  
Through  
Uncertainty

Kristi Morrish



# Thoughts for Journeys Through Uncertainty

This collection of thoughts is for anyone choosing to move toward positivity. Little gifts to tuck away and go on with your day.

Kristi Morrish



Copyright © 2023 Kristi Morrish. All rights reserved.

Cover and Book Design by Crissy Smith.

# Thoughts for Journeys Through Uncertainty

Uncertainty in The Dark .....	1
Curiosity .....	2
Letting Go of Needing Answers .....	3
Letting Go of Outcomes	
Letting Go of Black & White	
What If.....	4
Tranquility.....	5
Rewinding.....	6
Opportunities in Uncertainty .....	7
Getting Through a Cloud of Doubt.....	8
Move My Feet.....	9
Trust the Moon .....	10
Patience.....	11
Getting to Positivity .....	12
Today Only .....	13
Getting Unstuck .....	14
About the Author.....	Inside Back Cover



# Uncertainty in The Dark

Uncertainty comes knocking  
in our minds at night.

It can be scary fears  
lurking in the dark.

Uncertainty decreases  
when a light comes on.

A light of knowledge, guidance,  
or a friendly word

Helps us be more certain  
when uncertainty is gone.

# Curiosity

Curious is my state of mind.  
Finding answers is my use of time.  
Being uncertain is the stimulus  
that bumps my mind into curious.  
I begin my search for certainty  
Uplifted by curiosity.



## Letting Go of Needing Answers

I used to think I had some answers.  
They turned themselves into more questions.

When I let go of needing THE answer  
Questions and answers began to blend.

## Letting Go of Outcomes

I thought I knew what my outcomes should be.  
The ones that would prove best for me.

As I let go of needing MY outcomes,  
I'm flooded with new options.

## Letting Go of Black & White

The world of gray is not black & white.  
It's a colorful array of many insights.

# What If?

Staying open to possibilities  
other than my own,

Becomes a challenge I'm not ready for -  
facing the unknown.

What if those unknown possibilities  
aren't where I would go?

What if those unknown possibilities  
are outside my control?

How can I be certain that an unknown  
will be right for me?

HOLD THIS THOUGHT:

**There is no certainty in my own known  
possibilities.**



# Tranquility

A peaceful word – tranquility.

A way to be in uncertainty.

## Tranquility

A moment floating in stillness  
and suspended for savoring.

## Tranquility

The quiet that tiptoes past chaos,  
undisturbed, settling gently in our mind.

## Tranquility

The tinkling of wind chimes echoing in delicate breezes.

## Tranquility

The warm scent of pungent pine and fir  
wafting up a mountain trail bathed in full sun.

## Tranquility

Water beads on grass blades.  
Moonbeams anywhere.

## Tranquility

Bridging quiet and fragile places.

## Tranquility

Smoothing thoughts over rough edges of worry.



# Rewinding

When I let impatience drive my day  
The unexpected gets in my way.

The little things expand into BIG  
I annoy myself with my own mood swings.

I know what it takes to slow things down  
What early thoughts brought impatience around?

I didn't intentionally start my day  
planning for impatience to get in my way.

Starting NOW I can rewind today.  
Renewing patience is one thought away.



# Opportunities in Uncertainty

Within those moments of uncertainty  
lie hidden opportunities.

But if we only see uncertainty  
we'll cloud our sense of clarity.

Even if uncertainty scares us  
and we keep both eyes shut tightly

Afraid to venture past unsureness.  
We could open one eye to see

There surely is more CERTAIN  
than UNCERTAINTY in me.

# Getting Through A Cloud of Doubt

Surrounded by a cloud of doubt

Trying to find my way out

The cloudiness I'm feeling now

Crowds my good thoughts out and down

What can I learn from cloudy doubts?

To shift my thinking....HOW?

The upside of uncertainty

is to PRETEND I know

That I'm positively certain

I *will* find the way to go!



# Move My Feet

Sometimes I trip over  
my own limiting beliefs

and fall headlong  
into low self-esteem.

Time to ignore my uncertainty  
and make an effort to move my feet.

Any direction will be just fine.  
Dancing begins one step at a time.



# Trust the Moon

Deep within the swirling storm of confusion  
and the smothering wedge of pressure,  
lies the very solace you are seeking.

Let go to the chaos.

Let it pass through you.

Give up your struggle for answers.

Feel your own stillness.

You have the creative silence of this moment.

Trust tomorrow to the Moon.

Your answers will come with the tides.

# Patience

We each have our own lessons,  
our daily curriculum.

But in a world of chaos  
there is a collective ONE.

PATIENCE can be a challenge,  
yet an answer to a need.

PATIENCE is what we must have,  
despite what we see and read.

PATIENCE with each other,  
far beyond whom we meet.

PATIENCE about situations,  
far beyond those we see.

I know from my own lessons,  
that through PATIENCE can come PEACE.

# Getting to Positivity

How do I move past the limits I see?  
To a place of more positivity?

I think I'm ready to jump past my limits  
then I get scared and give in to old habits.

It's time to move past the limits I see.  
I'm letting the limits limit me.

One tiny step forward to move my feet  
is to look at this moment differently.

# Today Only

Are you uncertain about tomorrow?

Were you uncertain about today?

Perhaps a day is too much to ponder  
when things can change one moment away.

The uncertainty I am feeling now  
can turn to certainty, the more I know.

I am certain that my uncertainty  
is something I can choose to set free.

# Getting Unstuck

Indecision is a sticky place,  
Full of uncertainty.

Yet it's a time to pause and ponder,  
Letting my mind drift and wander

Through meadows of possibilities  
Staying open to my new ideas.

Trusting decisions I make for me.

Through wandering meadows comes certainty.





# About the Author

Kristi Morrish's passion is finding positivity in challenging situations. She spent more than 25 years as a leadership development consultant, manager, and executive coach in the public and private sectors.



Her published booklets, part of *The UpSide* series, find positivity in conflict, change, loss, aging, limits, uncertainty, and healing. They are for anyone wanting "a little lift."

Kristi lives in Lacey, WA with her husband Mike.

