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Road Trip Anyone?

By **Sandra Mahoney**

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Remember when we were younger and only one of us in the group had their driver's license or a car? We would drive to each friend's home to pick them up. Our intention: to be together, to explore and to laugh our heads off. If it wasn't for a curfew, the night would never end.

Fast forward some 20 years. We're older and wiser but we still crave the desire to be together. To explore. And to laugh our heads off.

You coming? Well slide over, Thelma! Jump in the backseat, Louise! We're gassing up the car and away we go. When are we leaving? Right now! Plan and itinerary? Who needs that! What will we do? Anything we want! Check out this section to get a quick rundown on all you need to know to escape and tips to make your girlfriend getaway even more fun!

Munchies

Pass the Doritos, pretzels, popcorn, chips, onion dip and jar of nacho cheese. We're talking about the stuff we'd never buy our kids let alone eat in the car. Girlfriends and Good Times Tip: If your ankles become the same size as your thighs at the sight of sodium, have your good friends lick the salt off of the pretzels and chips before you eat them.

Beverages

Bring a cooler packed with ice, water, and your favorite drinks. Or in my circle of friends anyways, it would be beer. Just like the big boys do. No fu-fu drinks for us. Sure we have the occasional frozen concoction but there's nothing like an ice cold beer (or two or three) and good

friends. When you reach your destination raise a toast to each other, get ready for your first ladies night and of course select a designated driver or call a taxi. Girlfriends and Good Times Tip: Reserve

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some of that ice for making fruit smoothies the next morning. Nothing feels better after a night of revelry than a nutritious and more importantly hydrating drink. Sip slowly, beware the brain freeze.

Loud Voice

Road trips with women are no place for the meek. Traveling in close quarters, even if it's a minivan requires the ability to talk, listen and laugh at the same time. Interruptions are going to happen. Stories will be segued into 80 silly directions with very little chance that the original story will ever be completed. **Girlfriends and Good Times Tip:** If by chance there is a lull in the conversation, simply ask an intriguing question like, "why do men have nipples?"

Driving Directions

As women, we know we won't hesitate to ask for directions but knowing how to get from point A to

point B is helpful. Try going online to AAA or Mapquest before departing. Keep in mind that the woman sitting shotgun is solely responsible for navigation. This includes taking note of necessary landmarks: local coffee shops, restaurants, liquor stores and convenience store. **Girlfriends and Good Times Tip:** Want a stress free ride, finagle a backseat and be in charge of snacks.

Money

From the moment we fill up the gas tank, nothing brings down the revelry more than wondering who is going to pay for what. No matter how generous we think we are, don't think the girlfriend who orders the most expensive meal at dinner goes unnoticed. The solution: here kitty, kitty. Good friends know that when traveling together its important to pool your assets. Start a kitty that each friend feeds equally, than it's up to you to eat and drink your fair share. **Girlfriends and Good Times Tip:** The girlfriend in charge of the money should have an advanced degree in gratuity management.

So there you have it. I'm thinking I better get started planning my next road trip getaway. How about you?

Sandra Mahoney is mother of 3 and co-founder of

a website

devoted to helping mothers rediscover their favorite hobbies like travel, fitness and girls night out. Check out the site for more girlfriend getaway ideas.

It's The Ride That Counts

By Selena Richardson

Having goals is a good thing. It means that you're willing to take the first step to achieving those goals.

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When you write down your goals, articulate them on paper, that's the first step to achieving them.

But what about the second step, the third and the fourth and so on? If you persevere and keep focused you will eventually reach the goals that you set for yourself. But when you finally reach that goal, how will you feel about it?

Will it be a sense of accomplishment and pride? Or will it be more of 'yeah I finally got it done' and you're just happy that you've gotten it over with?

The route you take while pursuing your goal determines how you feel about it at the end. It's the ride that counts. Have you been on a road trip where everything that could go wrong did? How did you feel when you finally got to your destination? Pretty worn out, huh? Now what about a good road trip where everything went smoothly? You were probably still tired depending on how long the trip was but you were a bit happier when you got there.

See, it's how you get there that counts. If you're miserable during the entire trip, you're going to be miserable when you get to where you're going. I've had too many road trips where everyone in the car was cranky during the entire ride and as soon as we got to our last stop, the crankiness only continued on. Sure we were glad to get there but only because we were finally there and able to get out of the car. We were just glad the trip was over and still quite a bit cranky too.

But when the road trip is smooth and fun with no accidents or construction or any mishaps, not only are you happy during the ride but you're ecstatic when you get to your final stop. You're not as tired and worn out as you would have been if it were a bad trip.

It's the same thing with your goals. You're more appreciative of achieving your goals if you have fun with it while you're working on it. So enjoy the ride, have fun and there will be a lot more satisfaction when you reach your goals.

Selena Richardson believes in following your dreams and creating the life you want. To receive more articles like this and a free ebook, subscribe to Creative Possibilities by sending a blank email to

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