

WHEN A CITY GIRL *goes country*

By Annette Bridges

Is your life filled with routines and favorites?

Do you have that favorite shirt you would wear every day if you could? My hubby does, or I should say he did. That old shirt finally had so many holes in it and was worn so thin I could count the hairs on his chest. It had to finally be retired to the dusting rag basket, or so I thought at the time.

Still, my hubby definitely has his two or three go-to shirts with dozens of others that never get touched.

I have never understood the inclination to wear the same things every day until this year. I have discovered there is some comfort level in not having to think twice about what to wear each day, especially when you're living through a season of uncertainty.

Although I do have a brand new pair of gorgeous work boots, and who says work boots can't be pretty?

I have had my old trusty green boots for years, and they were not worn out, but I wanted some pretty ones.

I do have my beloved, red flannel jacket shirt that gets worn every cool weather day. I adore this shirt. I even keep our house as cool as possible year-round so I can wear my precious red inside as much as possible, too.

I also have become a hat gal. Hats are one item I enjoy having a variety of. I am not limited to one style preference. I have trucker caps, bucket hats, visors, knitted winter caps, and floppy sun hats.

My "usuals" are not confined to what can be worn. I always drink my morning coffee out of the same cup. I relish every sip I take out of my "Live, Love, Moo" coffee mug that features the face of my favorite cow, and it makes me happy.

I definitely have my favorite meals that get prepared most often. I am not sure if it is because I love these foods best or because of the ease in fixing. I like not having to think too hard about what to cook. Spending time in the kitchen is definitely not my favorite place to be.

I am not always a "same old, same old"



Annette Bridges has a beloved, red flannel jacket shirt that gets worn every cool weather day. (Photo courtesy Annette Bridges)

kind of gal, however. There are ways and times when I want to do something that I have never done before. Getting out of my comfort zone is exhilarating, and I love the feeling of reaching a new goal, honing a new skill and experiencing new sights and sounds.

Lately, I have gained a greater appreciation for routines and favorites, and I can see their value in being good for you. I have read routines help ease stress, and can provide an anchor of predictability that can be reassuring.

For me, I think what I appreciate most about mine is not wasting time on indecisiveness.

Grabbing a favorite shirt, boots, hat, and coffee cup takes the guesswork out. Not spending a lot of time making decisions about what to wear or what to cook leaves more time for doing all the things I love to do.

Yes, I think that is the bottom line for me. I am definitely interested in spending time on what I love most, wearing what I love most with whom I love most.

What does this mean for my darling husband? I will never again retire his favorite shirts to the dusting rag basket no matter how many holes they have. 