

Inspirational Guidance



Resources that
build self-confidence
develop self-reliance
and help you
live with purpose
one step at a time.

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The Station Where No One Leaves

A Story About Choosing Purpose

Have you ever felt stuck — waiting for a sign, a breakthrough, or just the courage to move?

This story might be for you.

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The Station Where No One Leaves

Rita stood in the middle of a crowded station, coat buttoned, bag in hand, feet aching. The train was there — right in front of her. Doors open. Lights on. Humming with possibility.

And yet... it wasn't moving.

Around her, the crowd sighed and complained.

"How long have we been waiting?"

"Days. Weeks maybe."

"Ridiculous. Someone should do something."

They all stared at the train. The open door. The flashing button.

Everyone *knew* what it meant. The train wouldn't move unless someone pressed it. But no one did.

They pretended it wasn't there. Avoided looking. Sat on their hands and talked about how tired they were. How unfair it all was.

Rita waited. Then one day , or one hour, she felt something stir. A quiet pull. A whisper.

She looked at the button again.

And this time, she moved.

She didn't know where the train would go. She didn't feel ready. But she knew she couldn't stay in that place of silent misery any longer.

So she pressed the button. The door closed. The train moved.

And Rita finally left the station.

What This Story Really Means

This is an **allegory** — a symbolic story about how we live our lives.

- The **station** represents the stuck places in life. The seasons of “not yet” or “what now?”
 - The **train** is the opportunity to move forward. The path of purpose.
 - The **button** is the choice. It’s your moment of action, your decision to start even if you're scared.
 - The **crowd** is everything we absorb from others, the fear, the doubt, the comfort of complaining instead of changing.
 - **Rita’s choice** is the turning point: not because she has a plan, but because she finally chooses *movement over misery*.
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You Might Not Know the Destination...

But sometimes, the most important decision is simply to stop waiting and press the button.

Reflection Questions

Use these questions in your journal or share them in a group session or discussion:

1. **What train station am I standing in right now?**
2. **What does my “button” look like, the action I keep avoiding?**

3. **What stories am I telling myself about why I can't move yet?**
 4. **Who or what around me is keeping me stuck and am I choosing to stay there with them?**
 5. **If I pressed the button today, what would be my very first step?**
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Affirmations for Purpose and Action

Repeat or adapt these to suit your voice:

- I don't need perfect clarity to take my next step.
- My power lives in my choices, not in waiting for permission.
- I am no longer afraid to leave the station.
- The journey ahead begins with a single moment of courage.
- I trust myself to figure it out on the way.

Diana Morgan

Editor, Inspirational Guidance

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