

Lex on the Beach: The Journey

Written by Written by Alexis DelChiaro

Former Valley girl and current San Diego morning-show host, Alexis DelChiaro shares life lessons and her California adventures.



I went for a walk on the beach today. On a chilly afternoon, I kicked off my shoes and let the cold sand fill the spaces between my toes. As I looked out toward a crystal clear ocean, a feeling of contentment washed over me. I was totally happy to be in that moment, alive and healthy. I filled my lungs with the salty ocean air and thought to myself, life is good.

And it is, most of the time. I'd be lying if I didn't say there are days when I think the whole world is plotting against me. But here's a secret I've discovered: it's simply not true. The next time you're feeling down, instead of believing that things are going wrong, change your perspective to believe that they are actually going right. It's the universe's way of helping you along your journey. Sometimes it hurts and sometimes you won't understand why it's happening, but there is a bigger picture.

A few months after I graduated from the University of California, Santa Barbara, I knew exactly what I wanted to do. I had already been interning at news stations, and I was ready to land my first job. Where, you ask? I so desperately wanted to work on-air in Palm Springs. I thought it was the perfect set-up: great starter market, in California, close to my family and friends. I had it all mapped out in my head. So when I finally got an interview with the news director, I thought, "Alexis, this is it! Nail this interview and you are good as gold." Well, I couldn't have been more wrong. While the news director was kind enough to take a few moments out of her busy day for a budding journalist, she was certain that I wasn't right for the job. I couldn't believe it. My whole plan was destroyed in a 10-minute interview. I'm pretty sure I cried all the way back to Santa Barbara.

You see, at the time, I thought that was my only answer. If I couldn't get a job in Palm Springs, where would I work? What would I do? Who would I become? I was baffled because I always believed that if you are a good person and you work really hard, good things will come your way. (Just for the record, I still believe that.) So back to the drawing board for me. Just a few months after my Palm Springs rejection, I set my intentions on getting a job in Yuma. I was as determined as ever. And what do you know? I passed this interview with flying colors. I was offered the morning weather anchor spot. A few weeks later, I moved to Yuma and got my feet wet in the news biz.

The point is, if I had gotten that job in Palm Springs then I wouldn't be who I am today. My life would be completely different. And I like my life, imperfections and all. So I challenge you to change your perspective next time things don't go your way. There are so many blessings in store for each of us. They may not be on a path we would have selected, given a choice, but that, my friends, is the journey. Sometimes you just have to kick off your shoes, let the sand fill the spaces between your toes, breathe in the fresh air and think to yourself, life is good.