

Are You Willing To Do Whatever It Takes To Connect?

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http://aspiretogreatness.net/wp-content/uploads/2014/12/Are_You_Willing_To_Do_Whatever_It_Takes_To_Connect.mp3



Earlier today, I was listening to *“Everyone Communicates, Few Connect,”* by John Maxwell. In this particular lesson, John was teaching that connecting with people is not outside of your reach. It may be outside of your comfort zone, but not outside of your power. He then said something that caused me to reevaluate my thoughts and opinions regarding a personal challenging situation. John said, *“It’s within your power to connect. The question is, are you willing to?”* In that moment, the message of ASPIRE TO GREATNESS began to speak to me. I could hear her saying, *“Rosalynd, this is an opportunity for you to walk in your greatness and to live, do, be, think and lead on a higher level. Additionally, it’s an opportunity for growth and learning and to extend love and compassion.”*

In that moment, I knew what I had to do.

For the past couple of years, I've been engaged in a very challenging situation with an individual. My many efforts to connect, have been futile. Because of the nature of my relationship with this person, it's important that we're able to connect in a kind and caring way. After listening to John, I heard my spirit say, *"Try again."* However, my mind said, *"There's nothing more you can do."* As soon as I said those words, I immediately cancelled them and said, *"Rosalynd, you must be willing to do whatever it takes to connect."* So, shortly before writing this post, I emailed this individual to schedule a time when we could speak. While I'm waiting, I'm praying and asking God for the wisdom on what to say and how to say it. I am trusting God to help me connect.

I have resolved, that I am willing to do whatever it takes to connect, because of what's at stake if I don't. Maybe there's a person or situation in your life that you've been struggling with and you've decided to give up. You have within you the power to bring about change and make a difference. As John said, *"It's within your power to connect. The question is, are you willing to?"* I really can understand if you're tired of trying, or feel that your efforts won't make a difference. Maybe the fear of being rejected or misunderstood has caused you to say, *"It's just not worth my time or energy."* So often, we think of what could go wrong, rather than what could go right. Before you make the decision to completely give up and burn the bridge entirely, let me ask you two questions:

- 1. What is the cost to you, or others involved, if you give up?**
- 2. What will be gained if you try again and your efforts are successful?**

I have heard many people say that there are some bridges that should be burned, and there are some people that they should walk away from...forever. My perspective is quite different. I

do believe that there are some people we must walk away from and some bridges we probably shouldn't cross, for a season. However, I don't believe in cutting people off forever or blowing up the bridge. Why? Because people can change. I truly believe that most people are doing the best they can. I have also come to realize that people can't give you what they don't have. No wonder Jesus said, "*Father, forgive them, for they know not what they do.*" Many of the frustrations and challenges we encounter in relationships, is because we have established expectations that's impossible for the person to meet. In many cases, not because they don't want to, but because they don't have the capacity to do so. Because people don't change according to our schedule, it doesn't mean that they never will. People are where they are.

There have been many times in my life, where I have allowed my ego to make decisions for me. This is not the wisest course of action. I am reminded of the acronym for "Ego," **Edging God Out**. I believe we could accomplish the greater, if we sought God's counsel in every situation.

I believe in a powerful four-letter word called, "HOPE!"

Hope is a feeling of expectation and desire for a certain thing to happen.

As long as there is breath in my body, I will continue to HOPE.

For the things that really matter, I am willing to do whatever it takes to connect! Are you?

Please share a comment and encourage someone to do whatever it takes to connect. Thank you 😊 .

ASPIRE TO GREATNESS MY FRIEND!

Aspire To Change Your Story!

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http://aspiretogreatness.net/wp-content/uploads/2014/11/Aspire_to_Change_Your_Story.mp3



"I discovered that when I believed my thoughts, I suffered, but that when I didn't believe them, I didn't suffer, and that this is true for every human being. Freedom is as simple as that. I found that suffering is optional. I found a joy within me that has never

disappeared, not for a single moment. That joy is in everyone, always." ~ Byron Katie

Our story is a reflection of the thoughts and beliefs we have about who we are, what we can attain, what we can accomplish and what we're worthy of receiving. Who would you be without your story? You know, the story you tell yourself everyday about who you think you are. The story of your worth and value. The story of the many things you have experienced, that you wish you could change. The story about why the person you loved left you. The heart wrenching story you replay over and over in your mind of the betrayal and rejection you experienced, by those you loved the most. Reliving the

childhood story that you'll never be good enough.

The negative story we tell ourselves, tends to...

- depress us...rather than elevate us.
- anger us...rather than calm us.
- breed chaos in our lives...rather than harmony.
- bring about confusion...rather than mental clarity.
- drain us...rather than energize us.
- attract the things we don't want...rather than the things we desire.
- drive people away...rather than deepen our relationships.

I want to invite you to change your story.

To change your story, you must change your thoughts. To change your thoughts, you must change your beliefs. Frank Outlaw said,

*“Watch your thoughts, they become words;
watch your words, they become actions;
watch your actions, they become habits;
watch your habits, they become character;
watch your character, for it becomes your destiny.”*

As a coach, I get to experience up close and personal, how negative thoughts and belief systems prevent many of my clients from living their best lives now. Their negative thoughts and beliefs have placed a lid on their happiness, potential and effectiveness.

To begin the journey of changing your story, I want to suggest you take these seven steps...

1. Ask yourself the following questions...

- What is the “truth” about my story?
- Who have I become as a result of my story?
- Who would I be without my story?
- Why must I change my story?

2. Feel and embrace every emotion that surfaces

As you answer each question above, you will experience a myriad of emotions. Don't dismiss or ignore them, FEEL them. If you need to scream, scream. If you need to cry, cry. If you need to hit something, punch a pillow. Just stay in the moment and summon the courage to embrace what comes.

3. Envision the life you desire

Schedule time to visualize the life you desire. When you are living your best life, what does it look like, feel like, sound like, smell like, taste like? What are you doing? What new relationships have you developed? Who's no longer in your life? How much energy and vitality do you have? Where do you work? Where do you live? What are you passionately pursuing? Next, write down everything you envisioned and experienced during the exercise.

4. Write a new story

Review your notes and write a new story. That's right...create the life you desire! Don't focus on how you're going to get there, just focus on the WHY!

5. Identify the habits, behaviors, thoughts and beliefs that are not congruent with your new story

To change your life, you must change anything that doesn't serve you; that's not in alignment with what you are endeavoring to create. On a sheet of paper, list every habit, behavior, thought and belief that is not congruent with your new story.

6. Create "positive" affirmations to help you begin to reprogram your subconscious mind for success

Affirmations are words or phrases, said repeatedly, which affirms a single thought about yourself or other people. Affirmations become beliefs. This is how your internal

programming was created. When you repeat something over and over, it becomes impressed upon your subconscious mind. This impression becomes a belief, which becomes your reality. Whatever you repeatedly say, your subconscious mind accepts it as true, whether it is or not. You will need to create positive affirmations, to assist you in creating and living your new story.

Review the list of every negative habit, behavior, thought and belief you wrote down, and write a positive affirmation to counteract them. Here are some examples:

<u>Negative Affirmations</u>	<u>Positive Affirmations</u>
<i>I am so unhealthy. I don't take care of myself.</i>	<i>I am healthy and make daily commitments to live a healthy lifestyle.</i>
<i>I will never find a good job.</i>	<i>I am working at a job that I love and am able to make significant contributions.</i>
<i>I don't have enough resources to make this happen.</i>	<i>I have everything I need to accomplish my dreams.</i>

7. Increase your awareness of what you say when you talk to yourself

Many of us have a chronic problem of negative self-talk. I'll prove it to you. For one day, I want you to wear rubber band around your wrist. Every time you say something unkind or negative about yourself, I want you to pop yourself. I have had a few of my clients do this for a week. Within 24-hours, they were astounded by their level of negative self-talk and complained about the pain to their wrist. I insisted that they wear the rubber band for an entire week and asked them, ***"Would you rather experience this pain for 7 days, or experience the pain of not changing for 7 more years."***

I want you to increase your awareness about the things you say

when you talk to yourself. As soon as you say something negative, I want you to immediately cancel it and say something positive. Remember...

your words create your world!

I am the first to say that changing your story is not easy, but it's necessary. Joyce Meyer said, "***You can suffer the pain of change or suffer remaining the way you are.***"

I wish you much success on your journey.

CHANGE YOUR STORY AND ASPIRE TO GREATNESS!

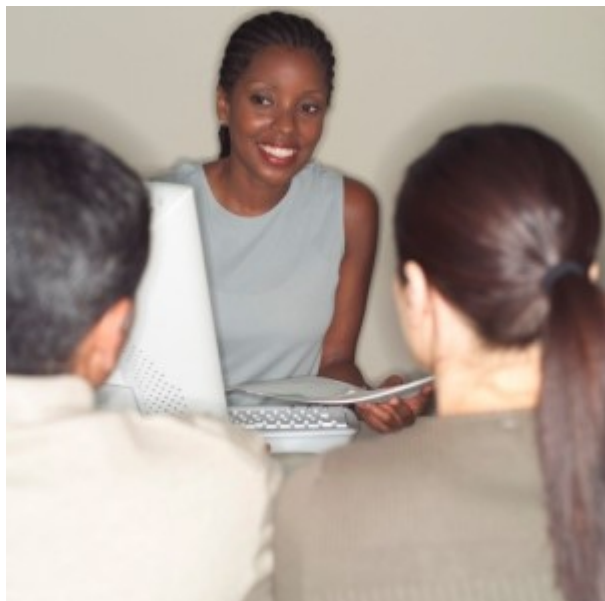
Always Aspiring,

Your Friend and Partner-In-Success

Aspire To Be A Person of Significance

Read blog or **click to listen**

http://aspiretogreatness.net/wp-content/uploads/2014/10/ASPIRE_To_Be_A_Person_Of_Significance_BLOG_ARTICLE.mp3



“There is a difference between success and significance. Success is me doing the best I can for myself and reaping the rewards. Significance is me living beyond myself for others.” ~ John Maxwell

Every morning, Gabriella and I walk four blocks to await the school bus that picks her up at 8:00. I enjoy watching her interact with the other children. It’s a great opportunity to observe her personality and gifts at work in a group setting. Already, I can see that my daughter has the gift of leadership. She is very loving, a great communicator and connector.

Last week, I connected with a mother of two from Guyana. Over the past week, I have enjoyed chatting with her about Guyana and the wonderful people I had met through my workshops, speaking and coaching opportunities. I look forward to returning soon, to make a difference in the lives of the people, especially the young adults.

A few days ago, I asked her what she typically does when her children were at school. She responded, *“Nothing, I’m just home all day.”* I could hear the sadness in her voice and see in her eyes, the desire for something more. So, I asked her, *“How would you like to get together once a week for tea or coffee?”* You should have heard the excitement in her voice. I asked for her contact information and learned that she nor her husband had an email address, owned a computer or knew how to use one.

I immediately said to myself, *“Rosalynd, here’s an opportunity for you to be of significance and add value to this family’s*

life.” Next, I heard John’s voice, *“There is a difference between success and significance. Success is me doing the best I can for myself and reaping the rewards. Significance is me living beyond myself for others.”* I asked her if she would allow me to give them the gift of computer training in my home, once a week for 2 hours. She was so excited and grateful! We determined that Sunday would be the best day. I asked her to discuss it with her husband and confirm the time with me tomorrow.

Well, it’s the next day and I’m walking to the bus stop filled with excitement. As I see her walking up the block, all I can think about is how helping them become technologically literate will transform the quality of their lives. After saying good morning, I asked her in an excited voice, *“So, what time are we going to meet on Sunday?”* She informed me that her husband wasn’t as open to the idea. This I had anticipated; so I had a Plan B. I responded, *“Okay, no problem. I would like to invite you and the family over for dinner next Sunday.”* She and the kids are very excited about coming over to dinner. As John always says, *“People don’t care what you know, until they know that you care.”* Life experiences has a way of making us cynical. It’s possible that he asked himself, *“Who is this woman and why does she want to help. What does she want?”* My prayer is that during our time together next Sunday, he will see that I am someone that simply cares and lives to make a difference in the lives of others.

Let me ask you, when was the last time you did something to add value to another person’s life, without anything to gain? **ASPIRE TO GREATNESS** is about being a person of significance and showing up for those that are in need; being your brother and sister’s keeper by taking action; and intentionally and proactively becoming the change you want to see in the world.

Like you, I am very busy and have competing priorities. But, I am never too busy to change someone’s destiny.

Today, I challenge you to be a person of significance!

ASPIRE TO GREATNESS MY FRIENDS!



A Moment of Transparency #5: Embracing The “Real” Truth

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<http://aspiretogreatness.net/wp-content/uploads/2014/04/Embracing-Your-Real-Truth3.mp3>



The more I learn about myself and the more I learn about other people, I am convinced that as much as we say we want truth, we don't really want it. Why? Because embracing the “real” truth is hard. Truth in its purest form will expose and reveal the things we want to keep hidden about ourselves. After all, we want to appear to the world and to ourselves as having it all together. This is an illusion, a deception that we have bought into; which prevents us from being real and authentic.

No one, has it all together. Growth is a life-long process. For the past three years, I have been on an “intentional” journey of growth. On this journey, I have been discovering and accepting certain truths about who I really am. Some

things I am happy and excited about, and the other things, I simply refer to as my "growth zones." I'll liken the experience to an excavation. The deeper you go, the more you uncover. Some things you keep because of their value, and the other things you discard. Each time I face a truth, it positions me for growth. Limited belief systems are shattered and empowering ones are created. My level of consciousness and awareness increases. I become a better person; a better friend; a better mother a better coach, a better trainer, a better speaker. I grow in strength, wisdom, maturity, character, self-discipline and self-leadership. The more I grow, the more I am able to live my potential and serve others in a more significant way. Furthermore, I am much more compassionate and loving with myself. For I have come to understand that I am not here to be perfect, but to grow. Here's, what I'm learning about "real truth:"

- Real truth...will no longer allow you to play small, but to shine brightly.
- Real truth...will force you to ask the question, "What would I do if I wasn't afraid?," then compels you to take action.
- Real truth...will force you to deal with the things that you must, but don't want to.
- Real truth...will give you the courage to change directions, even when it's not comfortable, acceptable or convenient.
- Real truth...will help you to "see" people for who they really are. Maya Angelou said, "When someone shows you who they really are the first time, believe them." Well, when they've shown you who they are 2, 5, 10 times. What is preventing you from accepting the "real" truth about who they are?
- Real truth...will cause you to walk away from the people that tolerate you; instead of celebrate you. You know, the people that say "Oh my God, here she comes (with a frown)," instead of "It's so good to see her!"

- Real truth...will cause you to walk away from people and relationships that don't serve or grow you. In fact, many of these relationships are hurting you on a mental, emotional, psychological, spiritual and financial level. Some of these relationships are your family members and long time friends. Walking away from "family" and friends was and continues to be extremely difficult for me. But, I have given myself permission to do so.
- Real truth...will cause you to see that you need to reclaim your power and your true identity; so you can no longer be controlled and manipulated. Somehow, being disrespected, dishonored and devalued has become more comfortable to you than walking away and standing in your truth. Is this any way for you to live?

This season has been one of significant growth for me. Changing, stretching, maturing and growing me in all the ways that matter. To truly ASPIRE TO GREATNESS, we must begin to LIVE. DO. BE. THINK...HIGHER! The starting point is to get real honest and embrace the truth about who you really are, and what you really want. You should ASPIRE to live a life that:

- is authentically you!
- honors you and makes you feel good about who you are!
- enables you to live with passion and purpose!
- gives you energy and puts a smile on your face every day!
- allows you to show up as the amazing being you are and walk in your greatness!
- enables you to live your full potential!

Let me warn you, embracing the "real" truth will take tremendous courage. In fact, all the courage you have and then some. But you know what, if I have been able to summon that level of courage, so can you. The truth is this...only the truth can set you free. The wonderful thing is that, your freedom will give you the wings that you need to grow and ASPIRE. I'm getting free; and would like to invite you to do the same.

LET'S ASPIRE TO GREATNESS TOGETHER!

Are You “Minding” Your Relationships?

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http://aspiretogreatness.net/wp-content/uploads/2014/02/Are_you_minding_your_relationships917.mp3



As I was reading an article this morning on the benefits of mindfulness, I asked myself, “*How mindful are you in nurturing your relationships?*” Well, I must confess, there is room for improvement. **Mindfulness means paying**

attention in a particular way; more specifically, on purpose. Mindfulness involves a conscious direction of your awareness.

How mindful are you about the health and strength of your relationships? Many of us place a high value on relationships, yet, we are not intentional in nurturing our relationships with our spouse, significant other, child, friends, family members, employees, colleagues, or business associates.

Is it possible, that you are taking your relationships for granted? Well, I will be the first to raise my hand and say “*Guilty as charged!*” Like many of you, I have a long list of competing priorities and distractions. Consequently, what I

value most sometimes falls to the bottom of my list of "What's most important?" Today, I declare that *"I will begin "minding" my relationships on a higher level."*

To raise your awareness on how mindful you are in your relationships, please consider the following questions.

1. What is your level of awareness regarding the strength and health of your relationships?
2. Are you purposeful in tending to the needs of those most important to you?
3. Are you purposeful in making a difference in their lives?
4. Are you open to healthy criticism, and do you provide constructive feedback to contribute to their growth?
5. Do you express compassion in their moments of vulnerability?
6. Are you emotionally available or disconnected?
7. Do you know what matters most to them?
8. Are you committed to their growth and success?

The extent to which you nurture your relationships, will determine the level of joy, peace, harmony and growth you experience within your relationships.

As you are "minding" your relationships, it's important to note that you must take inventory of the people in your life that are adding value or are constantly taking and draining your energy. Anthony Robbins said, *"Some of the biggest challenges in relationships come from the fact that most people enter a relationship in order to get something: they're trying to find someone who's going to make them feel good. In reality, the only way a relationship will last is if you see your relationship as a place that you go to give, and not a place that you go to take."*

The people in your life is your greatest resource and the relationship you have with them is a gift. All too often we

are guilty of saying *"I'll do it later."* Remember, tomorrow is promised to no one. **Cherish the people in your life and your relationship with them TODAY!**

Today I pray that we would all become more mindful in nurturing our relationships.

Let us Live. Do. Be. Think HIGHER!

Have a great day and ASPIRE TO GREATNESS!

What's Really Going On With You?

Read blog or [click to listen](#)

http://aspiretogreatness.net/wp-content/uploads/2014/02/Whats_Going_on_With_You944.mp3



As a coach, confidante and friend, people will often share with me their feelings regarding the challenges they are facing in their personal, marital, parental and business relationships.

After carefully listening to them, I will often say, *"Let's explore what's really going on with you."* Recently, I had a similar conversation with myself, due to my emotional response to a challenge I am currently facing. I asked myself, *"Rosalynd, what's really*

going on with you? What is the root cause of your pain?" As

I pondered the questions, I wrote down every thought I could quickly capture. After reviewing my thoughts, I realized that I needed to do some work on reprogramming my subconscious mind. Consciously, I believed that I was a better place. However, my emotional response conveyed otherwise.

It's been scientifically proven that we're only conscious 3-5% of the time. Many of our decisions and judgments are based on our subconscious programming, which is on auto pilot 95-97% of the times. **In fact, many of our thoughts regarding an individual is not based on truth, but rather our programming about who we believe them to be.** Have you ever been in a situation, where someone is judging you based on something they experienced with you 10, 5, or 2 years ago, and you are not the same person? Well, that's the program playing in their mind.

As we interact with an individual, the **story** about who we believe them to be is formed in our subconscious mind. The greater the interaction, the greater the story. This story contains every thought you have about this individual; everything you have experienced with them; everything you have heard about them; everything they have ever done; and your prejudices and judgments concerning them. When you become engaged with this individual (either in person or in thought) the program begins to play...automatically. **Many times, we can't see who a person really is, because we can only see the story that we have created about who we think they are.**

When issues surface in our relationships, the tendency is to focus on the flaws and faults of the other person. It's interesting how we're completely oblivious to our own flaws and faults. When was the last time you asked yourself, "*What's really going on with me?*" Let me ask you a few questions.

1. Is it possible that your expectations for this person and/or relationship are unrealistic?
2. Is it possible that your insecurities and fears are

clouding your judgment?

3. Is it possible that you are filtering and processing what they say based on your limited and negative view of them or possibly yourself?
4. Is it possible that you are upset because you feel they should be doing things your way?
5. Is it possible that the present issue is triggering memories and experiences from past relationships?
6. Is it possible that you are harboring feelings of jealousy, resentment, bitterness or anger?
7. Is it possible that the story you have created about who you believe this person to be is faulty?
8. Is it possible that you are projecting what you feel onto them?

I could go on and on and on, as the reasons are endless. The point is, we have to move beyond what we see on the surface; and dig much deeper.

As I grow in awareness, the '**aspire to greatness**' message is evolving. Let me just say, that it is moving me WAY beyond my comfort zone and stretching me in ways I could never imagine. The spirit of '**aspire to greatness**' is about doing EVERYTHING in a great way; even when you are challenged to your core.

In this season of my life, one of my favorite quotes is, "*Be the change you wish to see in the world,*" by Gandhi. I have to tell you, this is easier said than done. This requires me to live, do, be and think on a higher level. Albert Einstein said, "*You can't solve a problem with the same mind that created it.*" Therefore, we must reach *higher* to effectively manage our challenges. At the end of the day, it's not about what people do to you that matters, but how you respond to what they do. After all, we do not have the power to change anyone.

So, I have learned how to pray for those that challenge me to my core and to extend grace to them. And, when I challenge

them to their core, I ask for grace in return. Remember this, we are all running off of faulty programs. There is a bible verse that says, "*Father forgive them, for they know not what they do.*" At the end of the day, we are all guilty of "not knowing." Hence, we must be quick to forgive and extend grace.

It's also important to note, that when you are challenged in your relationships, be very careful in your hastiness to 'cut' people off. Instead, consider repositioning them in your life and limit your interaction with them. People are not objects, they are human beings with feelings. At some point in our lives, we needed some time to '*get ourselves together.*' If you live long enough, it won't be the last time. In no way, am I suggesting that we compromise our peace of mind or tolerate abuse of any form, what I am suggesting is that we 'consciously' deal with people from a place of compassion and awareness.

There is so much I can write about on this topic. So, I think I'll just stop here.

I am determined to Live. Do. Be. Think. HIGHER...how about you?

Have an amazing day my friend :).

**I Am A Creator, Not A
Competitor!**



"You must get rid of the thought of competition.

You are to create, not to compete for what is already created.

You do not have to take anything away from any one.

You do not have to drive sharp bargains.

You do not have to cheat, or to take advantage.

You do not need to let any man work for you for less than he earns.

You do not have to covet the property of others, or to look at it with wishful eyes;

No man has anything, of which you cannot have the like, And that without taking what he has away from him.

You are to become a creator, not a competitor; you are going to get what you want, but in such a way that when you get it every other man will have more than he has now." ~

Wallace D. Wattles "The Science of Getting Rich"

We live in a society that promotes unhealthy competitive practices and philosophies. Many would say this is our nature, I ask, "Is this true." As a Christian, I believe that we were created by God. God is synonymous with limitless supply, abundance, and prosperity. Because I believe that God is our creator, and we were made in his image, than it would stand to reason that we have access to EVERYTHING we need. If we live from this principle, unhealthy competition would not exist. Rather than competing against one another, we would compete against ourselves to ensure that we are aspiring to live at our fullest potential.

As children of God, we inherited his ability to create. Creation begins in our thoughts. As spiritual beings, our

words have the power to create whatever we command. As we take massive action on the words we have spoken, manifestation of our thoughts will occur. Based on this premise, we must carefully examine our belief systems, which produce our thoughts. Let me ask you...

What are your beliefs regarding your ability to create what you desire?

Are you fully aware that you are a spirit being, having a natural experience, with creative powers?

Do you believe that there is more than enough for everyone?

Do you believe that what is for you is for you?

I live my life knowing that I am uniquely designed by God to make a significant contribution to the world. And so are you! I believe that as I show up in the world, using my talents, gifts and abilities to make a difference, everything I need shall be supplied. As a Speaker/Trainer/Coach/ Minister I have no need to compete with anyone, because I know that God has selected a specific people for me to reach. Because I understand that everything is energy, I feed my mind and spirit the necessary things to create what I desire on a daily basis. Therefore, I spend my energies creating the things that are necessary to become the best I can be; fulfilling the vision for life and helping others to reach their fullest potential and live their purpose.

So, are you a creator or a competitor?

Wallace D. Wattles said, ***“Never look at the visible supply; look always at the limitless riches in formless substance, and KNOW that they are coming to you as fast as you can receive and use them. Nobody, by concerning the visible supply, can prevent you from getting what is yours.”***

It's time to create your life!

It's time for you to get busy getting what is yours!

I declare that I will **Live. Do. Be. Think. HIGHER!** I will **ASPIRE** to Greatness!

A Moment of Transparency #4: You're Not A Loner, You're Just Afraid



"Let me tell you this: if you meet a loner, no matter what they tell you, it's not because they enjoy solitude. It's because they have tried to blend into the world before, and people continue to disappoint them." ~ Jodi Picoult

Upon reading this quote, I felt a feeling of uneasiness as I wrestled with the reality of these words. Immediately, I was bombarded with the following questions: *"Rosalynd, is this true for you?" "Why did you assume this identity?" "Did you develop the identity of a loner out of fear?" "What did you fear?"* From a place of awareness, my higher-self responded, *"Yes, you chose to be a loner out of fear of rejection."* I never thought about it, until I read this quote recently.

As far back as I can remember, I suffered rejection from those closest to me. Consequently, there were several periods throughout my life where I felt lonely and/or alone. I

remember most of my life, shrinking in front of people (in various ways) just to fit in and make others feel comfortable. Always at the risk of rejecting my true identity. No wonder, I suffered a major identity crisis during my 20s and 30s. For so many years, I felt like a fish out of water. It wasn't until my 30s, that I realized that I was swimming with the wrong fish. Thankfully, I am now in a place where I have learned how to reframe my thoughts and feelings regarding rejection. I have come to learn that people don't reject me because of who I am, but rather, who they are. Hence, my mantra in this season of my life is ***"Other people's opinions of me is not my business."*** More importantly, I have discovered who I am and why I am here. This has made all the difference in the world in how I live my life and what I entertain.

As I read this quote, I realized that I still refer to myself as a loner. The truth is, I'm not. I am aware that this thinking comes from a negative belief system that I have held for over 30 years. Starting now, I will no longer refer to myself as a loner. Today, I begin the work on changing this negative belief and reprogramming my subconscious mind for success. I truly believe, that being a loner is not our true nature. This is simply learned behavior. We were created for connection, for fellowship. Truthfully, we feel most alone when we're not connected; and alive when we're involved in healthy relationships. The truth is, I enjoy the company of others. I enjoy interacting with both men and women equally. The thought of connecting with others and building healthy relationships is exhilarating. However, at the same time, I enjoy solitude.

Loneliness and solitude are two different things. Loneliness is a feeling of sadness due to isolation or lack of companionship. Many times, loneliness can result from being misunderstood, which can lead to one becoming very withdrawn. This can lead to isolation, because of the need to protect

yourself to avoid the pain of rejection. Solitude is a state of being alone, without feeling lonely. In this season of my life, I have come to appreciate solitude. Solitude provides me with opportunities for: discovery; increased self-awareness; reflection; deep contemplation; meditation; stillness; and spiritual growth. Since I was a young girl, I have always enjoyed my own company. Thankfully, this trait followed me into my adulthood. However, I didn't **consciously** spend time with myself. These days, I consciously spend time with myself; and this has made all the difference in the world in my overall growth and development.

So, let me ask you, *have you labeled yourself a loner? Is this who you really are? Is this the person you desire to be?*

Inherent in every individual is the ability to become great.

Your greatness is hindered if you are in a place of loneliness and isolation.

Today, I would like to invite you to come out of hiding and face your fears. Trust God, to lead you to a healthier place. Trust him to surround you with people that will embrace and love you for who you are. If he did it for me, he can do it for you. But first, you must BELIEVE that you are worthy of being loved for who you are. Secondly, you must appreciate who you are...quirks and all.

Finally, I want you take out the time (this week) to reach out to someone that is feeling lonely and/or isolated. Last week, I met this amazing woman who summoned her courage and embraced her vulnerability and shared with me that she is dealing with loneliness. I listened to her story with compassion, offered her words of encouragement and gave her a heartfelt hug and kiss on the cheek. A few days later, as we chatted on the phone, I made a commitment to her that we would have a date night once a month. In two weeks, we're going to a bowling party. Furthermore, I assured her that she was no longer

walking alone.

We must be the change we want to see in the world.

I truly believe that if we can GIVE what we most desire, we will never be alone.

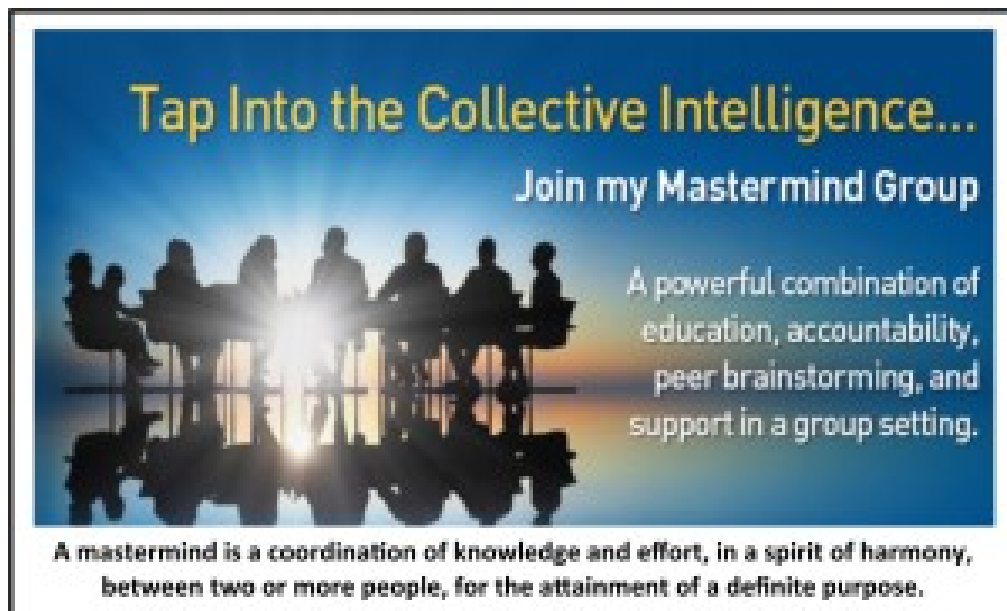
We must LIVE. DO. BE. THINK. HIGHER!

In closing, I want to share with you my #1 quote. I hope it will motivate and inspire you to ASPIRE TO GREATNESS!

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it is in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Marianne Williamson

**Join My Mastermind Group
Study**



GROW AND DEVELOP YOURSELF TO LIVE YOUR FULL POTENTIAL AND INFLUENCE OTHERS TO DO THE SAME BY RAISING YOUR LEADERSHIP LID!

“The one thing you need to know about leadership is that there is more than one thing you need to know about leadership!”

John C. Maxwell

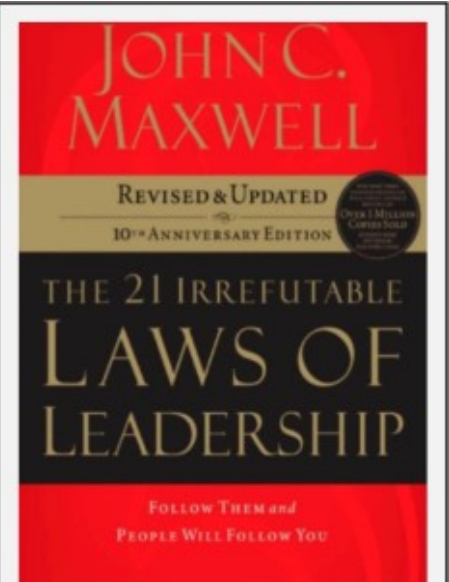
Join the FREE 7-Week Mastermind Group Study and Experience Significant Growth in Your:
Leadership ♦ Relationships ♦ Business ♦ Career ♦ Teams
Groups ♦ Awareness ♦ Consciousness ♦ Confidence

Wednesdays, January 21 – March 4 – 8:00 – 9:15 PM

This is a **FREE** 7-week in-depth study that will afford you the opportunity to join forces and mastermind with a unique group of like-minded professionals and leaders who are dedicated and motivated to making effective and lasting changes to their lives in a collective group. Having the support and ideas from other focused and driven people allows us to see things differently and to get a new perspective on goals and action plans.

Only 10 seats available. Register today via the form at the bottom of this page. Masterminds will be conducted via conference call.

As a certified John Maxwell coach and trainer, I will use the principles from the book as a guide for the group. Together, we will learn how to effectively raise our leadership lid by understanding and implementing the principles of “*The 21 Irrefutable Laws of Leadership*.” Here are a few of the 21 laws we will study:



About John C. Maxwell

- ◆ Trainer of more than 6 million leaders in 185 countries, worldwide.
- ◆ Voted #1 Leadership Guru for Speaking and Training – last 6 consecutive years.
- ◆ Legendary speaker for Fortune 500 companies, foreign governments, the National Football League, the United States Military Academy at West Point, and the United Nations.
- ◆ Best-selling author of more than 74 leadership books, with over 22 million copies sold.

1. The Law of the Lid: Leadership Ability Determines A Person's Level of Effectiveness

Leadership ability is the lid that determines a person's level of effectiveness. Your leadership ability always determines your effectiveness and the potential impact to your organization/team/family.

2. The Law of Influence: The True Measure of Leadership is Influence – Nothing More, Nothing Less

True leadership cannot be awarded, appointed, or assigned. It comes only from influence, and that cannot be mandated. It must be earned.

3. The Law of Process: Leadership Develops Daily, Not in a Day

Leaders require seasoning to be effective. If you continually invest in your leadership development, the inevitable is growth over time.

4. The Law of Connection: Leaders Touch a Heart Before They Ask for a Hand

For leaders to be effective, they need to connect with people. All great leaders recognize this truth and act on it almost instinctively. You can't move people to action unless you first move them with emotion.

5. The Law of Explosive Growth: To Add Growth, Lead Followers – To Multiply, Lead Leaders

You can grow by leading followers. But if you want to maximize your leadership and help your organization/team/family reach its potential, you need to develop leaders. There is no other way to experience explosive growth.

The best part about this program, is that it is completely free.

There is a nominal fee for the book which you can purchase from my [website](#). **Please be sure to purchase the version pictured in this email.** This small investment will reap great benefits to you upon the completion of the mastermind study. Upon completing the 7-week group study, you will receive a certificate of completion. **The group study will be conducted via conference call.**

I am donating my time and the cost of presenting this material as my way of broadening my business and giving back to my aspiring community. **If this resonates with you and you can commit to the 7 weeks, please register today by completing the form at the bottom of the page.**

The Power of a Mastermind

The Mastermind concept originated from *Think and Grow Rich* written by Napoleon Hill. This is one of the most successful books of all time, selling over 300 million copies. One of the main concepts to come out of the book is the idea of a “Mastermind” group. Carnegie attributed much of his success to such a group.

During an interview with Andrew Carnegie, Napoleon Hill asked him to what did he attribute his success. Carnegie replied:

“Well, if you want to know how I got my money, I will refer you to these men here on my staff; they got it for me. We have here in this business a master mind. It is not my mind, and it is not the mind of any other man on my staff, but the sum total of all these minds that I have gathered around me that constitute a master mind in the steel business.

I have been many years gathering these men around me and building this mind. Each man contributes an important part to the building of this mind. I do not always agree with all the men on my staff, on all matters, nor do they always agree with me. Perhaps some of us do not like each other from a personal viewpoint, but I know that I need these men and they know that they need me in the maintenance of this master mind that is necessary in carrying on this steel business.

Hill concluded that, “No two minds ever come together without thereby creating a third, invisible intangible force, which may be likened to a third mind.”

Benefits of Joining the Mastermind Group

- Increase your own experience and confidence
- Sharpen your business and personal skills
- Improve your personal and business relationships
- Build upon your valuable support network
- Benefit from honest and constructive feedback, coaching and advice
- Benefit from group brainstorming to help you develop solutions and ideas
- Leverage the experience, resources, knowledge and skills of the other members
- Receive critical insights into yourself
- Accountability and support to create and implement your growth plan
- Increase your level of awareness and consciousness
- Experience explosive growth in every area of your life
- A sense of shared endeavor – there are others out there!

Here's some specific information on the Mastermind Group Study

- The mastermind meets once a week for 75 minutes, for 7 weeks, via conference call as we study the book.
- You will receive an agenda and handout, prior to each session.
- You will be provided with the conference dial-in information upon reserving your spot.
- All sessions will be recorded, and available for replay.
- Upon reserving your spot, you will receive the link to join the private "*Aspiring Leaders!*" Facebook group. The purpose of the group is to support and encourage one another to lead higher in our homes, teams, organizations and communities; to provide a forum for further learning, discussion and sharing of ideas; and other information pertinent to our growth and success.
- The meetings are confidential and run professionally with a curriculum and complete respect for each participant's privacy as well as complete respect for each participant's time.
- There is a level of commitment on my part to deliver the best material to you in the allotted time with the utmost standards of professionalism as well as a level of commitment on your part to come to each meeting on time, prepared and with a positive attitude.
- As we move through each lesson, as a group we will bring together our ideas and opinions that will help shape and mold our understanding of the material in a way that is far superior to simply reading a book on your own. **We will be combining all of our minds to becoming a master mind.**
- Your expectation of the 7 week study, will be to increase your awareness and understanding on how to evolve into an effective leader – raising your leadership lid to a new level.

Act now! There are only 10 seats available! Complete the brief form below to reserve your spot today.

I look forward to us taking this journey together.

Have an ASPIRING day!

Always Aspiring,

Rosalynd

coachrosalynd@gmail.com

www.johnmaxwellgroup.com/rosalyndrambert

Yes! I am interested in joining the Mastermind Group Study beginning on Wednesday, January 21, from 8:00 – 9:15 PM.

(Upon submitting the form, you will receive a **Welcome** email within 24 hours. If you do not receive the email, please contact me directly at coachrosalynd@gmail.com)

Name(required)

Email(required)

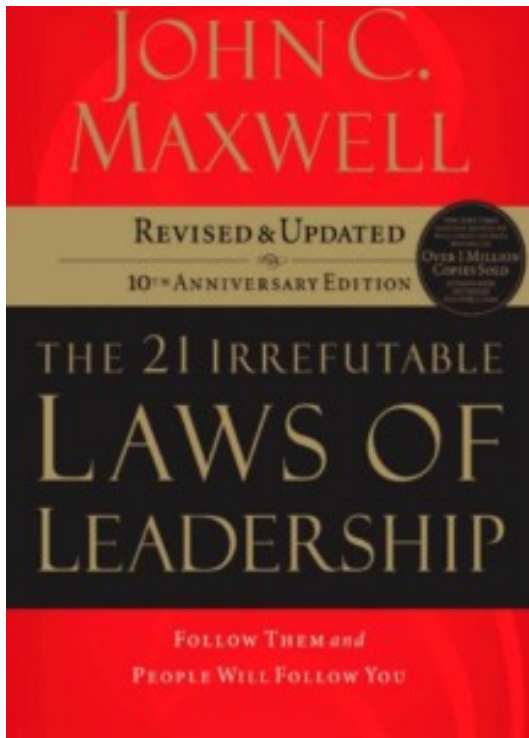
Contact #(required)

Why are you participating in the Mastermind Group Study?(required)

Website

Additional comments or questions

Aspire to Raise Your Leadership Lid!



“Everything rises and falls on leadership.” ~ John Maxwell

John Maxwell says, “Your leadership is like a lid or ceiling on your organization. Your leadership ability is the lid that determines your level of effectiveness and potential.” To increase your effectiveness and potential, you must raise your leadership lid. Raising your leadership lid is especially important, if you have the responsibility of leading others; whether it’s your family, business, team, group, church or organization.

Our families, communities, businesses and groups need us to lead higher!

In John Maxwell’s book, *The 21 Irrefutable Laws of Leadership*, he explains *The Law of the Lid* in this way:

Leadership ability is the lid that determines a person’s level of effectiveness. The lower an individual’s ability to lead, the lower the lid on his potential. The higher the individual’s ability to lead, the higher the lid on his potential. To give you an example, if your leadership rates an 8, then your effectiveness can never be greater than a 7. If your leadership is only a 4, then your effectiveness will be no higher than a 3. Your leadership ability—for better or for worse—always determines your effectiveness and the potential impact of your organization.

The lower our leadership lid, the less influence we have in the lives of those we're responsible for leading. It's important to understand that just because you are in a position of authority, it doesn't mean that people are following you by choice. They may simply be following you by default.

I would like you to take a moment to examine the level of growth in your life, career, business and relationships.

How would you rate your level of effectiveness in leading in these areas?

Are you experiencing growth, failure or stagnation?

Your success in these areas, will grow in proportion to your leadership lid!

To raise your lid and develop your leadership skills, **I would like to invite you to attend a FREE 10-week in-depth study on John Maxwell's book, *The 21 Irrefutable Laws of Leadership*.** This is an amazing opportunity to join forces and mastermind with a unique group of like-minded professionals and leaders who are dedicated and motivated to making effective and lasting changes to their lives in a collective group. Having the support and ideas from other focused and driven people allows us to see things differently and to get a new perspective on goals and action plans. **These sessions will be held one hour a week via conference call.**

As a certified John Maxwell coach and trainer, I will use the principles from the book as a guide for the group. Together, we will learn how to effectively raise our leadership lid by understanding and implementing the principles of *The 21 Irrefutable Laws of Leadership*. *The Law of the Lid* is just one of the 21 laws we will study.

To join my next FREE Mastermind Group Study please click [here](#). There is a nominal fee for the book, which you can secure either through direct purchase from my [website](#) or the retailer of your choice. **Please be sure to purchase the version pictured in this blog post.** This small investment will reap great benefits to you, upon the completion of the mastermind study. Once you complete the Mastermind Group Study, you will receive a certificate of completion.

I am donating my time and the cost of presenting this material as my way of broadening my business and giving back to my aspiring community. If this resonates with you and you can commit to one of the groups listed above, please fill out the

form at the end of this blog post ASAP. **There are only 10 seats available for each group study.**

Here's some specific information on the Mastermind Group Study:

1. The mastermind meets the same time each week, via conference call as we study the book.
2. You will receive a handout, prior to each session.
3. You will be provided with the conference dial-in information upon reserving your spot.
4. All sessions will be recorded, and available for replay.
5. Upon reserving your spot, you will receive the link to join the private **"Aspiring Leaders"** Facebook group. The purpose of the group is to support and encourage one another to lead higher in our homes, teams, organizations and communities; to provide a forum for further learning, discussion and sharing of ideas; and other information pertinent to our growth and success.
6. The meetings are confidential and run professionally with a curriculum and complete respect for each participant's privacy as well as complete respect for each participant's time.
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Always Aspiring,

Rosalynd

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Email(required)

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Website

Additional comments or questions