

Create “Knee Shaking” Goals and ASPIRE Higher in 2014!



Happy 2014 My ASPIRING Friends!

A few days before the New Year, I began to reflect on my failures, successes and lessons learned in 2013. As I began preparing and planning for 2014, I reviewed my goals and made the necessary adjustments. Upon finalizing my goals, I felt pretty good...UNTIL...my conference call with Paul Martinelli, president of the John Maxwell Team.

On the first conference call of the New Year, Saturday, January 4, Paul addressed some of the issues we encounter when establishing goals. When Paul said, *“we have a tendency to lower our goals to what we think we can achieve,”* an alarm went off in my head. Immediately, I became aware of how I’ve been limiting my growth. Consciously, I believed that I was establishing big, audacious and “knee shaking” goals. However, I now realize that I was creating goals based on my current conditions, what I believed I could achieve. Let me ask you, *“When was the last time you created a goal that seemed unattainable, impossible or unimaginable?”* Can you imagine the level of transformation you would undergo as you strive to reach this type of goal?

As someone that is committed to aspiring to greatness, I truly believed that I was setting goals that would stretch me and push me beyond my comfort zone. However, during the call I realized that while many of my goals push me outside of my comfort zone, they're not FAR beyond my comfort zone. After the call, I decided that I would establish what I have termed, *"Unimaginable Goals."* These are the goals that I dream about, but keep them as dreams, because I feel that I either do not possess the skills, intelligence, knowledge and/or resources to make it happen. So, with these goals, the tendency is to place them on a list titled *"The Wish List."* These are the goals we keep tucked away until we can "see" a way to make it happen.

Well, thanks to Joyce, one of my John Maxwell Team members, I have a new strategy! She said something so simple, yet profound. Her life changing words were, *"When I create goals that are impossible to meet, I delegate them to God."* In that moment, I thought of the dozens of times I have spoken, trained or ministered on the topic, *"The Power of Vision."* Each time I have spoken on this subject, I have said, *"God will never give us a vision and not make provision. The HOW is not our problem, but God's. He will never give us an idea and not equip us to manifest it."* Just a side note, while I consciously believe this, apparently there is some reprogramming that must be done in my subconscious mind. Hence, the power of awareness. Now, back to the topic at hand :).

So, here's what I have decided to do in 2014. I will create "knee shaking," impossible goals, and delegate them to God. At the appointed time, he will provide EVERYTHING that is needed to accomplish the goal. But, here's what I'm most excited about, **NOT** accomplishing the goal, **but who I become on my journey to accomplishing the "knee shaking" goal.** For the goals that I did not "fully" accomplish in 2013, I can truly say that in my pursuit of the goal, I have grown in courage,

wisdom and faith. Just imagine how these types of goals will stretch and develop you on a personal, professional and spiritual level. I know you have “knee shaking” goals that are tucked away in the back of your mind; which you only visit in your dreams. Well, today, I invite you to take this journey with me. So, review and revise your goal list. Whatever you can take massive action on now, do it today! For the “knee shaking” goals, delegate them to God. If you exercise faith and courage in the attainment of these goals, I believe that God will step in and make the impossible, POSSIBLE.

It's time for you to Live. Do. Be. Think. HIGHER!

Let's ASPIRE TO GREATNESS together!

What Will You Declare Today?

ASPIRING DECLARATIONS #2

I WILL DIE EMPTY!

**I will utilize every talent,
gift and ability to
serve the world.**

**I will leave
nothing undone!**



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What Will You Declare Today?

ASPIRING DECLARATIONS #1

**I will frequently
experience success,
in all forms,
in every area of
my life.**



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ASPIRING Declarations

Experiencing Joy In Ordinary Moments



"Joy is what happens to us when we allow ourselves to recognize how good things really are." ~ Marianne Williamson

Many of us have bought into the idea that we can only experience joy when something extraordinary happens. Is this really true? **I believe joy can be found in the simplicity of life; ordinary moments.**

As I reflect on my week, much of my joy has been derived from ordinary moments. In fact, some of these joyful moments are found in my daily routines. I am quite sure that you can find joy in some of your "routine" ordinary moments as well. Oftentimes, I believe these moments are missed because we've become so distracted with the busyness of life. We're not stopping long enough to smell the roses. Instead, we're stopping just long enough to identify the next task or the next fire to put out.

As I write this post, I am sitting in the dining room, watching Gabriella run around in the back yard. She is pushing the swing back and forth and dodging it to prevent from being hit...LOL! I experience great joy when I watch my daughter running around playing by herself. I love her independence, energy and forms of expression. There are so

many children in this world that are sickly and are unable to run around in their backyard experiencing the wind blowing through their hair and the sun beaming down on their face. Lord, thank you; I am so grateful that my child is healthy and happy. Here are a few more ordinary moments I experienced this week that brought me great joy:

1. While Gabriella and I were learning about the black bear on ABCMouse.com, she learned the word "hibernating." Moments later when I tested her on what she had learned, she said, "*Mommy, black bears 'flabernate' in the winter.*" Of course she meant to say, "hibernate." It was such a "cute" and "joyful" moment. I burst out laughing and she laughed even harder.

2. Two of my coaching clients this week, emailed me to say that they experienced a major breakthrough. I cannot convey in words the joy I feel as I work with my clients to help them aspire to greatness in every area of their life. Truly, it's my passion.

3. Gabriella doing sit ups with me and doing her best to keep up...it's just the funniest thing.

4. Reading and identifying quotes to paste on social media, and experiencing the joy in knowing that someone will be encouraged, motivated, empowered, energized and inspired to ASPIRE TO GREATNESS!

5. Experiencing my daughter's very vivid imagination as she plays house with her dolls and sets up her Dora table for tea time. The imagination of a four year old...there's nothing like it. What a coincidence...as I am writing this post, she's setting up the Dora table and Mr. Bear and Baby Alive are her first guests J. I wonder who else is coming. She's now telling me that I need to get ready to join them. So, I guess I better hurry and finish this post :).

6. Writing this article with a knowing that someone will be

inspired to LIVE. DO. BE. THINK. HIGHER!

7. Experiencing excitement as I my view my vision board and read my affirmations. The joy that I feel knowing that my vision will come to past is priceless.

8. Gabriella running toward me with her black and yellow notebook, saying *"Mom, I'm ready to do my lessons."* I truly believe she's going to grow up to become a lifelong learner.

9. Gabriella playing the guitar (for make believe) and singing along with Strawberry Shortcake. She insists on watching this 20-minute cartoon EVERYDAY and doing the singing along. And of course, she insist that I take front and center to watch her performance...yet again :).

10. I haven't done this in the past 3 weeks, but it's worth mentioning. One of the things that bring me great joy is sitting on the beach, while reading, visioning, relaxing and meditating. What makes it even more joyful, is watching Gabriella have the time of her life :).We'll have to get back there before the weather changes.

In these ordinary moments, I experience joy that fills me with peace, love, hope and gratitude. **So, what are the ordinary moments that bring you joy?** I would like to invite you to take 10 minutes out of the 1440 minutes you have been given today and write them down. After that, express gratitude and appreciation for the moments and the joy you have experienced. Finally, please share 1-2 moments in the comments box below. I believe that the sharing of your moments will inspire others to recognize and appreciate how good things really are.

Well, it's tea time! Gabriella, Mr. Bear and Baby Alive are awaiting my arrival :).

ASPIRE TO GREATNESS!

Never Give Up On Your Vision!

**I CAN SEE THE VISION!
I WILL ASPIRE TO GREATNESS!**



"When the world says, 'Give up,' Hope whispers, 'Try it one more time.'" ~ Author Unknown

What do you do when you have an amazing vision, and are challenged to make it a reality? Answer...NEVER GIVE UP!

Do you remember the initial excitement –which lasted for months—that you experienced about your vision? Do you remember the many sleepless nights, due to the excitement and anticipation of things to come? Do you remember cramped fingers, as you filled your pad with thoughts and ideas? Do you remember words of inspiration flowing through your veins and spilling into your voice recorder at 2:00 a.m.? Do you remember the initial days of planning and the timeline that revealed when things were going to happen?

Do you remember feeling like, this is never going to happen? Well, I do. Navigating the seas of uncertainty, doubt and feelings of failure can be very challenging. As we travel the path to making our vision a reality, the journey is often filled with obstacles, detours, delays and questioning one's ability to accomplish the vision. Sometimes, these impediments can cause one to throw in the towel due to feelings of overwhelm and failure. In this moment, we can find comfort in the scripture, *"And then God answered: "Write this. Write what you see. Write it out in big block letters so that it can be read on the run. This vision-message is a witness pointing to what's coming. It aches for the coming – it can hardly wait! And it doesn't lie. If it seems slow in coming, wait. It's on its way. It will come right on time."*

Boy...PERSPECTIVE IS EVERYTHING! This scripture is GREAT NEWS! No matter the challenges, we are reminded that our vision WILL happen at the appointed time.

On our way to accomplishing the vision, we forget that there is a process to be endured. Truth be told, if we had it our way, we would avoid 80% of the process. Here's a thought: rather than focus on how long the vision is taking to manifest, focus on who you are "becoming" in the process. On my way to accomplishing my vision, ASPIRE TO GREATNESS was birthed. Through my process, I have become more compassionate, empathetic, loving, patient and kinder towards others. More importantly, I am learning how to be these things FIRST to myself. Remember, we treat people, according to how we treat ourselves. Additionally, I have become more self-aware and live life more consciously.

While navigating the seas of uncertainty, doubt and feelings of failure, it's vital that we have an array of things we can tap into and/or access to provide us with comfort, support, encouragement and inspiration. I would like to share four specific things I turn toward and pray they will be of great benefit to you on your journey to accomplish your vision.

1. Prayer

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” ~ Phillipians 4:6-7

What I love about prayer is that it is free and available to all. Regardless of where you are and what you are faced with, God sees and hears you. Prayer is an opportunity to talk to God. Sometimes en route to accomplishing your vision, there is no one to talk to. It's comforting to know that during these times of difficulty, you can always talk to God. Make a commitment today, to pray and present your requests to him regarding your vision. Be sure to ask him for peace and wisdom on how to guard your heart and mind during this season of waiting.

2. Inspirational Readings

What you feed your mind during this season, will determine how you respond to the challenges. During the time of this posting, I am reading Brene Brown's bestseller, ***“The Gifts of Imperfection.”*** The message of this book is to let go of who you think you're supposed to be and embrace who you are. It's a guide to wholehearted living. In her preface, Brene opens with this quote, *“Owning our story and loving ourselves through that process is the bravest thing that we will ever do.”* WOW...how profound! It's amazing how during our process to achieve our vision, we want to disown the part of our story that is painful, makes us feel shame and unworthy. I am learning that my power comes from embracing my “entire” story. To fully embrace my story, is to fully embrace who I am...imperfections and all. The extent to which I can provide myself with compassion, kindness, love and acceptance, is the extent to which I will be successful.

So what do you feed your mind and spirit on a daily basis? I enjoy reading the bible, quotes, books, and blogs. Inspirational readings help to feed and build up your spirit man. During challenging times, you need a reservoir of inspiration that you can draw from to quicken and strengthen you for your journey.

3. Meditation

Prayer is YOU talking to God and meditation is GOD talking to you. In this season of my life, meditation has become a valuable companion. Through meditation, I am able to get still and quiet. In this stillness, I gain clarity and am better able to hear from God and my higher self. Meditation quiets my negative self-talk and drowns out the voices of the naysayers, which enables me to become more focused. In this way, I am better equipped to search for solutions and to keep my mind focused on accomplishing the vision.

4. Music

Music is one of our greatest gifts. Hunter S. Thompson said, "Music has always been a matter of Energy to me, a question of Fuel. Sentimental people call it Inspiration, but what they really mean is Fuel. I have always needed Fuel. I am a serious consumer. On some nights I still believe that a car with the gas needle on empty can run about fifty more miles if you have the right music very loud on the radio."

In those moments when I feel as if I don't have the energy to take another step toward my vision, my mind says in a loud voice, *"It's time for Janelle Monae – 'Without A Fight.'"* Without hesitation, I run to my laptop, select the song from my playlist, and turn the volume up very high. While dancing, laughing and singing at the top of my lungs, I can feel the positive energy coursing through my veins. After an encore, I am fueled and ready to go! I WILL NEVER GIVE UP AND NEITHER SHOULD YOU!

If you're at the point where you feel like giving up, please listen to *"Without A Fight."* Dance, sing, scream and laugh! Do whatever you need to do until you feel a rush of energy; a rush of inspiration; a feeling of hope. In that moment, know that all is well. Know that you have someone in your corner who believes in you...me ☐ . I know you can do it. NEVER GIVE UP ON YOUR VISION MY FRIEND...FAILURE IS NOT AN OPTION!

ASPIRE TO GREATNESS!

A Moment of Transparency #3: Growing Can Be Painful



"Life is constantly presenting us with opportunities to grow and to aspire to greatness. Yet we fall short in rising to the occasion, because we were trained at an early age to resist anything that feels uncomfortable. Hence, we miss the opportunity to grow and therefore remain as we are; dead to our potential." ~ Rosalynd M. Rambert

In this season of my life, I am holding myself accountable to LIVE. DO. BE. THINK. HIGHER! This declaration is no easy task; as it has required me to explore who I am on a deeper

level. Like any exploration, one never knows what will surface. What an interesting discovery it's been! Exploring yourself on a deeper level compels you to ask probing questions about who you "really" are and what you really want.

Just when you think you have answered the question, you're confronted with a deeper and more profound question. Additionally, you must reckon with the belief systems of your childhood, carried with you into adulthood, that you continue to embrace as your own, but they really aren't. Yes, I can hear you saying, *"What the heck is she saying?"* Essentially, what I am saying is that most of what we believe are not really our beliefs; they were inherited and accepted as our truths. Hence, when we begin to awaken to who we "really" are, our new-found thinking and beliefs conflict with our limited and negative beliefs. This can be extremely challenging.

Think about it for a moment. How often do we challenge what we believe and why we believe it? Interestingly enough, when someone else challenges our beliefs we will defend the beliefs as if we're engaged in a war. Yet, we don't exercise the same energy in answering the question, *"Why do I believe what I believe?"* On the path of awakening, you are forced to wrestle with the truths about who you really are, what you believe and what you really desire from life. Sometimes, the wrestling can take days, months and even years. Embracing who you really are requires courage.

On the other end of the spectrum, I am challenged to love unconditionally; forgive quickly and be totally accepting of other individuals. If I endeavor to be the change I want to see in the world, then I must love at a higher level. Loving at a higher level requires tremendous courage; which leads to tremendous growth. However, this growth process is very painful. Why? Because it takes courage to love people that don't love you back. It takes courage to be kind to people that assassinate your character and speak against your

vision. It takes courage to be vulnerable when you've been betrayed, rejected and completely misunderstood. It takes courage to give people another chance when they've left you bleeding in the middle of the street. While these experience have been extremely painful for me, I understand that they were necessary for my growth. Each and every experience has brought me to this place...this moment. Without these experiences, ASPIRE TO GREATNESS would not exist.

Relationships will grow and stretch you like nothing else. What I have come to realize is that my periods of tremendous growth; have been birthed from my greatest pains. Hence, I am learning how to embrace my pain more quickly. More importantly, I have learned how to be kinder and more compassionate with myself when I am going through my "stretching" process. Furthermore, I now understand the scripture, *"Father forgive them, for they know not what they do."* The truth is that most people are asleep...asleep to their behaviors, habits and belief systems that keep them bound and prevent them from loving on a higher level.

I am now fully aware why I became preoccupied with the subject of "courage" over a year ago. Without courage, it is impossible to grow and love on a higher level. Maxwell Maltz said, *"We must have courage to bet on our ideas, to take the calculated risk, and to act. Everyday living requires courage if life is to be effective and bring happiness."* Throughout life, we have learned that whatever doesn't grow will eventually die. If your relationship doesn't grow, it will die. If your business doesn't grow, it will die. If you don't grow, you will die emotionally, mentally and spiritually. Growth is necessary for our survival. However, we must recognize that we can't experience it without its partner – pain. While it's our nature to avoid pain, I invite you to embrace your pain. Feel it, flow with it and dance with it. Embracing your pain allows you to truly connect with who you are.

I am thankful to God for the growth that I am presently experiencing and am excited by what awaits me. The greatest gift that I have been given in this season of my life is that I have come into the knowledge of who I really am and who I want to be. The more I embrace who I am, the easier it is to ignore the opinions others have about who they think I am and what they think I should be doing. Wayne Dyer said it best, *"What people think about me is none of my business."* I finally get it...thank God...I am free!

I am committed to LIVE. DO. BE. THINK. HIGHER! ASPIRE TO GREATNESS MY FRIEND!

Are Your Beliefs Preventing You From Accomplishing Your Goals?



It's been said, *"You are what you believe."* If you believe you are a winner...you will win. If you believe you are a failure...you will fail. If you believe you are successful...you will attain success. If you believe you can do it...you will. If you believe you can never lose weight...you will remain overweight. If you believe you can't find a wonderful person to spend the rest of your life with...you won't.

Your belief helps to create the fact. Hence, be careful what you believe because that is what you will experience. Your world is a manifestation of your belief system, which is driven by your desires and controlled by your thoughts and actions. Mahatma Gandhi said, *"Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."*

What do you desire...really and truly? Often people do not have a clue about what they really want, but they have a good idea about what they do not want. Now is a good time to assess the quality of your life, evaluate your goals and determine the end result you want to achieve. Put your goals in writing and place them where you can see them throughout the day.

Here are three powerful tips to help you accomplish your goals:

1. Be inquisitive

We have a plethora of choices in which to research, learn and acquire new information. Whatever you are looking to achieve in life, the resources available to you are endless. Some of my favorite online resources are YouTube, Ted.org, LearnOutLoud, other blogs and ebooks. An extremely valuable resource for me is people. Yes, people. Talk to as many people as possible who are already successful in what you want to achieve. Identify people within your network that can be of assistance to you. Introduce yourself to them and explain your purpose for contacting them and ask them for some advice in helping you achieve your goal. More importantly, let them know how you can be a blessing to them and/or ask them how you can serve them. The worst thing that can happen is that they ignore you. The best thing that can happen is that they provide you with the information you need and offer support and encouragement in achieving your goals.

2. Be unique

Next, take the ideas and tips you have compiled and carefully examine them one by one. The ideas that resonate with you, begin to massage them and make them your own. There are some amazing things that will happen during this creative process. Think of how you can approach your goal in a way that will be interesting and fun. Get real creative and think outside of the box. Expand your thoughts about what is possible. Resolve to not be confined and limited by your belief systems and do not be afraid to take risks.

3. Be positive

As you have learned by now, to obtain anything worthwhile will require that you endure challenges. By now, you have learned that if you have a positive attitude and remain focused on your goals you can overcome any challenge. However, it's not just enough to think positive; but you must adopt a positive "daily diet." As the saying goes, "*you are what you eat.*" How much positivity do you ingest on a daily basis? What do you view regularly? What types of information do you read? Are your conversations throughout the day, more negative or positive? When negative thoughts come to visit, how do you entertain them? Are your goals and vision board posted where you can see them? Today, make a conscious decision to create a world for yourself that radiates positivity.

"A belief is only a thought you continue to think. A belief is nothing more than a chronic pattern of thought, and you have the ability -if you try even a little bit- to begin a new pattern, to tell a new story, to achieve a different vibration, to change your point of attraction." Abraham-Hicks

Make a commitment that you will not let anyone or anything, including your belief systems stand in the way of reaching your goals.

ASPIRE TO GREATNESS MY FRIEND!

Are You Doing What You Love?

“There is no greatness without a passion to be great, whether it’s the aspiration of an athlete or an artist, a scientist, a parent, or a businessperson.”

~ Anthony Robbins



IT'S TIME TO DO WHAT YOU LOVE!

Does this question sound familiar, *“What do you want to be when you grow up?”* I’m sure you were asked this question dozens of times during your youth. What was your response? When asked the question, without hesitation I would exclaim *“I want to be a teacher!”*

At 8 years old, I enjoyed tutoring and instructing my siblings who were 7, 6 and 5 years of age. I digress for a moment as I recall the looks and comments I have received over the years, when I share the ages of me and my siblings. We are stair steps—literally, 10-12 months apart. All I can say is that my

parents were excited about creating a family :). So now, back to my story.

Playing teacher with my siblings was so exciting and rewarding. Watching their little faces light up when they answered a question correctly or came to understand a concept that once challenged them, gave me so much joy. I felt that I was making a difference. I remember tutoring students in math and rejoicing with them when they grasped and/or solved a math problem that they once thought was beyond their comprehension. For me, being a teacher was my calling.

We all had dreams of becoming something great. For you it may have been a teacher, fireman, lawyer, chef, journalist, veterinarian or a rock star, just to name a few. Well, how did you do? What are you doing now? Are you doing what you love? As we grow older, life becomes busier and things change. Jobs, marriages, children and businesses have a way of getting us off track. However, at some point we must get back on the path that will lead us to true fulfillment. Doing what you love brings true fulfillment. Are you aspiring to realize the dreams from your youth?

Earlier, I shared with you that at 8 years old I was convinced that I wanted to be a teacher. I truly believed it was my "calling." However, during a career fair in high school I became disappointed by the salary ranges for a teacher and decided to pursue business. I have spent the past 25 years in the business sector; and guess what...I AM A TEACHER! As a speaker, trainer and coach I am blessed to share information that motivates and inspires individuals to aspire to greatness. At the end of the day, this is called "teaching". I am grateful to God, that on a daily basis I am able to "teach" in some form. Thank God for the inventions of "blogging" and social media, because it has enabled me to widen my classroom.

As some of you may know, I have been fighting a bacterial

infection over the past five weeks. During the past 5 weeks, I have lost my voice twice for a period of 3-4 days. For two weeks, I was confined to bed and completely drained of my energy. Although I was sick, I was appreciative for the gift. The gift to be still, quiet and reflective. As I was convalescing, I had quite a bit of time to think about my life and realized that I'm truly doing what I love...I am living my passion. What I realized is that it's time to take things to the next level. Going to the next level will require me to make some bold and life changing decisions, but I'm ready. So, I am excited about the next chapter of my life. Let me ask you, *"What will the next chapter of your life entail?"* Will it include you finally doing the things that you love?

While no job or business is perfect, the important thing is to enjoy it and learn from it. If you are unhappy in your current situation, take steps NOW to change it! You only live once. Somewhere out there is a job or business that is perfect for you. If you are already there, I applaud you. If not, realize that it may take some time to figure out what you really want to do, and even more time to actually get there. That's all right! Just make a decision and begin the journey. I can tell you from experience that finding and doing what you love is absolutely worth it, every step of the way. I am pursuing my purpose with passion; and there's no greater feeling!

Do what you love, and love what you do, whatever that may be. You'll be happier for it, trust me. It's the only way to truly ASPIRE TO GREATNESS!

What Else Could It Mean?



"When someone behaves in a way that is disagreeable to you, before you jump to the wrong conclusion, ask yourself, 'What else could it mean?'" How many times have you been guilty of jumping to the wrong conclusion because you did not clearly examine all the facts? But rather, you accepted the first answer your mind provided. Here's a side note, we must remember that the way we process and filter information is based upon our own experiences and view of the world. So,

what does this mean? Our view is distorted. Therefore, it's important to obtain pertinent information before reaching a conclusion.

As human beings, nearly all of us have a tendency to want to be right. Consequently, we will examine a situation; reach a conclusion; and then accept it as truth without considering all the facts. Clearly, reviewing the facts about a situation can help shed some light on our "perceived" truth.

On many occasions, we have been guilty of accepting the surface answers we give ourselves without testing the answer for accuracy. This thinking can be especially destructive within relationships. If we are engaging in a cycle of jumping to conclusions, rather than getting to the truth or "heart" of the matter, we will build relationships based on lies. Can you envision how this could erode relationships over time?

It's important to understand, that each of us have a different belief system, consequently we see, hear, filter and process information differently. Additionally, we each have different biases and prejudices based on our experiences. To help you develop the discipline of asking yourself, *"What else could it mean?"* please consider the following:

1. Engage in active listening

Listen with the intent to understand and hear; not to offer your opinion or rebuttal. Active listening requires that you repeat back or paraphrase to the individual what you heard them say. This technique helps to improve communication as it conveys to the person that you were listening and that you care about what they have to say. Furthermore, the individual is assured that the message was received as it was intended.

2. Gather additional information

Do you remember the saying, *"There's more to this than meets the eye."* Oftentimes, there is much more going on in a situation than what is being communicated or what can be assessed on the surface. Consequently, before reaching a conclusion, we must act responsibly in gathering and reviewing as much information as possible before drawing a conclusion and/or making a decision.

3. Conclude objectively

Leave your personal feelings, biases and prejudices out of the equation. Now, this can be easier said than done. However, one can exercise objectivity with practice. The more you focus on the facts, the easier it will be for you to be objective.

Let me give you two examples of how easy it can be for us to jump to the wrong conclusions, because we do not take out the time to ask ourselves, *"What else could it mean?"*

1. Your female manager is often cantankerous and belligerent. She rarely socializes with members of her team or upper management in and outside of work. The conclusion drawn is that she's mean, unfriendly and does not know how to effectively interact with or manage people. Have you asked yourself, *"What else could it mean?"* Well, after repeated complaints, her manager sits down with her and learns that she has been in a physically abusive marriage for 5 years. She has been unaware of how her pain and fear is being manifested at work. Because she is unable to beat on him, she beats on other people with her attitude and words.

2. A husband has been despondent for the past 3 months. Whenever his wife asks him what's wrong, he responds, *"I'm fine. It's nothing you have done. I am just dealing*

with some issues at work." The wife concludes that her husband no longer loves her and has lost interest in her. *"Maybe he's having an affair,"* she says. Have you asked yourself *"What else could it mean?"* Maybe it means that 4 months ago he began experiencing sharp pains in his head and dismissed them as headaches due to work related stress. Well, while at work one day the pain was so bad, his manager suggested that he go to the emergency room. After several tests and x-rays the doctors concluded that he has an advanced stage of brain cancer with 6-9 months to live. He has been struggling with dying and how to tell his wife and kids. Furthermore, his life insurance policy has lapsed and due to his pre-existing condition, he is unable to obtain a new policy.

From these two examples, can you see how easy it is for us to jump to the wrong conclusion? ASPIRE TO GREATNESS is about living, doing, being and thinking on a higher level. To walk in our greatness, we must better manage our relationships and exercise responsibility in asking ourselves, *"What else could it mean?"*

Thank you for reading this article. Please feel free to leave a comment. I would love to know your thoughts. Remember, sharing is caring 😊 .

Have a FANSPIRING day!

Always Aspiring,
Rosalynd

ASPIRE TO GREATNESS...What Does It Really Mean?

ASPIRING IS A JOURNEY

ASPIRE TO GREATNESS IS A MINDSET!



Throughout my lifetime, I never recall hearing the term “aspire to greatness,” with respect to what I could be or achieve as a person. I recall using this term for the first time, in February 1999 when I wrote the Director of Continuing Education at Hudson County

Community College a “Thank You Letter” for affording me the opportunity to inspire the students to “aspire to greatness” through the professional development training programs I was facilitating. Who knew, what would be birthed 13 years later.

Whenever I observed the word “greatness” being used to describe a person, it was typically associated with famous actors and actresses, the wealthy, a famous doctor who discovered a cure or world-renowned artists and authors, just to name a few. This has left many of us feeling that unless we accomplished something noteworthy, or bore a last name like “Kennedy,” “Rockefeller,” “Hilton,” or “Obama,” that greatness was out of reach. Well, I’m about to make your day...your year...hopefully, completely change your life. I want to give you another perspective on what it means to “ASPIRE TO GREATNESS.”

So, what does “ASPIRE TO GREATNESS” mean to me? Well, first I need to share with you an awesome book called, “[The Science of Being Great](#),” (please download from the FREE Resources section) written by Wallace D. Wattles. Mr. Wattles was known as one of the fathers of the self-improvement movement. He was born in the USA shortly after the civil war, and experienced much failure in his earlier years. Later in life he became a student of various religious beliefs and philosophies of the world including those of Descartes, Spinoza, Leibnitz, Schopenhauer, Hegel, Swedenborg, Emerson, and others. It was through his research, committed study and experimentation that he discovered the truth of New Thought principles and put them

into practice in his own life. He began to write books outlining these principles. In his life changing book, "[*The Science of Being Great*](#)," he said,

"Nothing was ever in any man that is not in you; no man ever had more spiritual or mental power than you can attain, or did greater things than you can accomplish. You can become what you want to be."

In that moment, I experienced a paradigm shift. What I had believed and had known all of my life, took on a different shape and meaning. It was more than an epiphany, it was a spiritual awakening; and it could not have come at a better time. Let me explain.

While reading this book, I was going through what I call my "greatest Tsunami—to date." It is important to note that I completely understand that I was simply going through a "transition" and this "experience" was a part of my process. What I affectionately termed my Tsunami, was preparation for fully embracing and walking out my purpose. Now, back to the story...during this phase of transition, I was experiencing an identity crisis (I will discuss in further detail in a future post as I believe this is an epidemic that many are facing today). Everyday, for a long season, I asked myself: "*Who am I, really?*"," *Why I am here?*", "*Will I ever become great?*" "*Do I still have it?*" You see for me, I defined great as how much money I had, my title, my home, my address, becoming a multi-millionaire, becoming a world-renowned motivational speaker, empowerment coach and trainer. Oh, boy, did I miss it. In fact, I missed it big time! **True greatness is not measured in mere accomplishments of one's goal or acquiring worldly status symbols, true greatness is a mindset.** It's a way of being, a way of thinking. In its simplest form is about doing everything in a great way.

Let me further expand on what I believe it means to "ASPIRE TO

GREATNESS.” To me, it means:

1. walking in a spirit of excellence
2. being a person of great integrity and character
3. exercising moral and social responsibility
4. awakening to your true self
5. being authentic
6. being self-aware
7. living life “consciously”
8. showing up for those that need and depend upon you, regardless of how you feel and what is and isn’t happening in your life
9. being a servant
10. being your brother and sister’s keeper in actions, not just in words
11. being true to who you are without compromise
12. intentionally and proactively becoming the change you want to see in the world

For the individual that lives to “ASPIRE TO GREATNESS,” every day they awake with a mindset that says:

1. Mediocrity is not an option.
2. I will make a difference in the world.
3. I am pursuing my purpose with passion.
4. I will become the change I want to see in the world.
5. I will treat people as I want to be treated and not how they treat me.
6. The vision for my life will be manifested.
7. Today, I am going to be the best person I can be.
8. I understand that my life doesn’t belong to me.
Therefore, I will show up in the life of everyone who needs me today; regardless of how I feel.
9. I will live, do and be on a higher level.

The quote below has become my mantra, my belief. I pray you will embrace this quote as your inward belief, which will change your outward expression of how you LIVE, DO and BE.

"Inherent in every human being is the ability to become great...this means you!"

YES...YOU ARE GREAT! Regardless of your past, life experiences and where you currently find yourself. **YOUR PAST DOESN'T HAVE THE POWER TO DEFINE YOU...ONLY YOU DO!** Wallace D. Wattles said,

"Man's brain, body, mind, faculties, and talents are the mere instruments he uses in demonstrating greatness; in themselves they do not make him great. A man may have a large brain and a good mind, strong faculties, and brilliant talents, and yet he is not a great man unless he uses all these in a great way."

I concur! How about you? Beginning today, use everything you have at your disposal in a great way!

Here are 5 few simple things you can do today to walk in your greatness:

1. **Make a decision.** Everything begins and ends with a decision. Decide that today you will **"ASPIRE TO GREATNESS!"**
2. **Embrace Who You Really Are.** We are all spiritual beings having a human experience. Every spiritual being possesses greatness within him, which he/she can tap into at any moment.
3. **Read *"The Science of Being Great."*** If you have not done so already, download and commit to reading this book within the next 3 days. The book will serve as a great companion and teacher on your journey.
4. **Subscribe to the Blog.** Every journey will require motivation, inspiration, encouragement and energy to stay the course.
5. **Share.** There is power in sharing. Do not underestimate the power of your words and your decree. Your words could very well be what another member in our aspiring

community needs to hear to help them on their journey. So, in the comments box below, please share what you will commit to doing over the next 24 hours to start you on your journey to "ASPIRE TO GREATNESS!" Pick any area of your life and making a commitment within the next 24 hours to do something to put you on that path. What will you do over the next 30 days to create the life you want and deserve?

I wish you much success on your journey. Remember, you are not alone; you have an aspiring community behind you.

Have a FANSPIRING day my friend!

Always Aspiring,

Rosalynd

Your Sister and Friend