

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!

READ BLOG OR **CLICK TO LISTEN**

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.

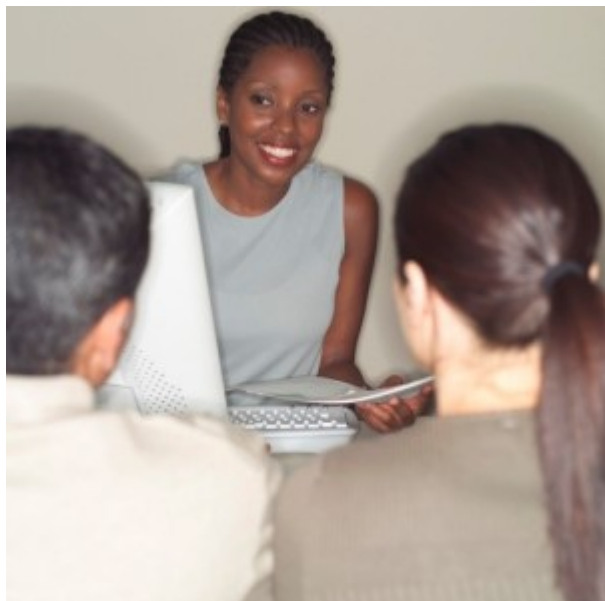
CHANGE YOUR STORY AND ASPIRE TO GREATNESS!

Always Aspiring,
Your Friend and Partner-In-Success

Aspire To Be A Person of Significance

Read blog or **click to listen**

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“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!



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



Tap Into the Collective Intelligence...

Join my Mastermind Group

A powerful combination of education, accountability, peer brainstorming, and support in a group setting.

A mastermind is a coordination of knowledge and effort, in a spirit of harmony, between two or more people, for the attainment of a definite purpose.

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

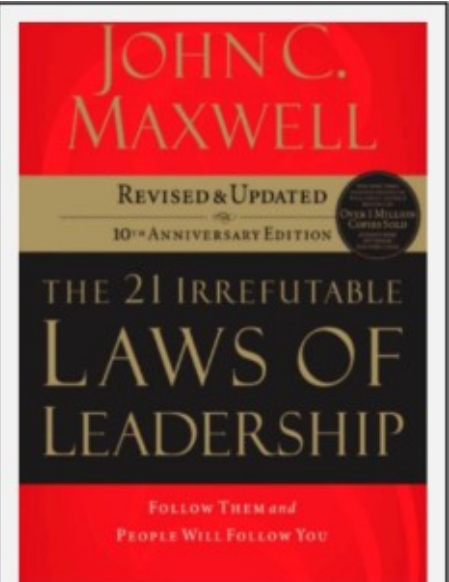
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Groups ♦ Awareness ♦ Consciousness ♦ Confidence

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)

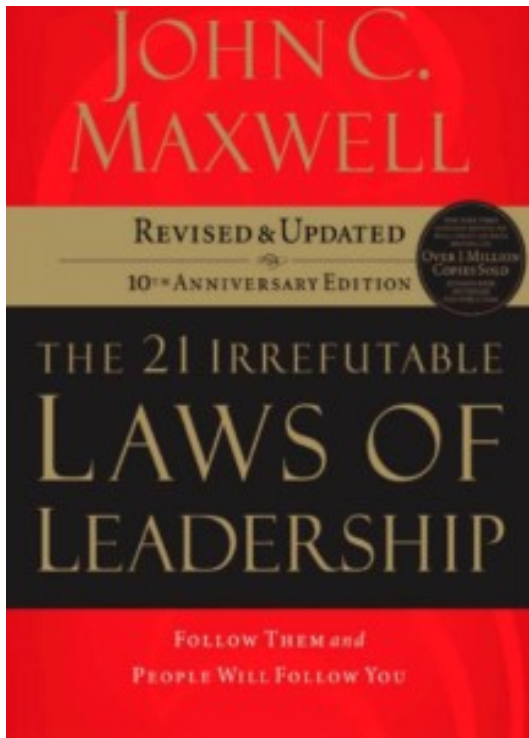
Contact #(required)

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.
7. 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.
8. 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.
9. Your expectation of the Mastermind Group 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.

Please complete the brief form below to reserve your spot.

OUR FAMILIES, COMMUNITIES, BUSINESSES AND GROUPS NEED US TO LEAD HIGHER!

I look forward to us taking this journey together.

Have an ASPIRING day!

Always Aspiring,

Rosalynd

Yes! I am interested in joining the Mastermind Group Study and leading on a higher level!

(Upon submitting the form, if you do not receive a response within 24 hours, 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

[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!

<http://www.youtube.com/watch?v=4xP9edv-RcA>

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!