

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!

What Energy Sources Are You Plugged Into To Ensure Your Success?



What energy sources do you plug into to ensure you are functioning properly and living a life of purpose?

An incandescent light bulb's sole purpose is to bring illumination. It has the ability to lighten up a dark room and further brighten a lit room. The only way the bulb can achieve

its purpose, is to be plugged into an energy source – a functioning electrical outlet. When an electrical current passes through the wire, it causes the wire to heat. The wire, or filament, gets so hot that it glows and gives off light. Unless the light bulb is plugged into an outlet, it will cease to function. If it is plugged into a faulty outlet, it will function improperly. Meaning, it may illuminate, but not to the extent for which it was designed.

Some of you may feel that you are not “functioning” properly. In some cases, you may feel as if you’re malfunctioning. Like the light bulb, to function properly, you must get plugged into positive energy sources!

For each person, these positive energy sources will differ. However, I believe for people aspiring to live a life of greatness, there are some key things you must plug into. Here are four things to consider:

I. Spiritual Development

We are “spiritual” beings having a “human” experience. Yet, many of us spend more time developing our outer man as opposed to our inner man. Many describe the “spirit” man as being everything about us that is non-physical; such as our thoughts, beliefs, mind, imaginations, intellect, creativity, plans, hopes, dreams, emotions, personality and attitudes. All of these components are what makes each of us the unique and great beings that we are. Hence, spiritual development is vital to one's growth as it helps to increase your awareness and consciousness; awaken you to your true identity and purpose; and helps you to understand that we are all connected.

To develop my spirit man, I have a daily regimen of worship, prayer, meditation and reading various types of literature. What are some of the things you do on a daily basis to develop spiritually? Becoming spiritually attuned will help you to live a life of purpose on purpose.

II. Affirmations

An affirmation is a clear and definitive statement that something is so; a declaration. What declarations are you making in your life on a daily basis? Are the majority of them positive or negative? Are most of them spoken unconsciously or consciously? Your affirmations are declarations of what you want to have, do and become in your life. What you have in your life, is a result of what you have affirmed.

Do you have a list of positive affirmations to create the life you desire? If “yes,” are they posted where you can see them? Do you read them aloud a minimum of twice a day? If “no,” please make a commitment to develop a list of at least 15 affirmations within the next 24 hours. Words are energy; words are power. Remember, you have what you say. Whatever you affirm over and over becomes your reality. It’s time that you become intentional about the life you want to create and experience.

In the spirit of sharing, here are five of the 27 affirmations I recite daily:

1. I am a genius and use my mind, talents, gifts and abilities to produce wealth.
2. I am living a life of divine purpose and destiny.
3. I am in control of my mind; my mind serves me.
4. I am the host of a talk show and radio program that aspires individuals to live a life of greatness.
5. I am a powerful Life Coach, partnering with people to help them live their best life now!

III. A Community of Like-Minded Individuals

It’s been said that it takes a village to raise a child; which I believe to be true. In the same way, it can be said that it takes a village to birth a vision; realize a dream; inspire one to dream and think big; to provide the accountability and support necessary to achieve success. There’s nothing more powerful, than being plugged into a community of like-minded individuals that think the way you do and push you beyond your comfort zone to accomplish things you never dreamed possible.

As they say, “*iron sharpens iron.*” What an incredible energy source! Who’s sharpening you? Do you belong to a community of like-minded individuals? If not, find one and get plugged in.

IV. Vision Board

Your vision board is one of the most powerful energy sources you could ever own and plug into; as it is a visual representation of every dream, desire and goal you want to manifest in your life. I refer to my vision board as my "future reality." Everyday, I affirm that my vision WILL come to pass.

With so many competing priorities in our lives, it can be challenging to stay focused on your vision; not to mention the energy and focus that is needed to make it happen. Can you imagine the energy you receive and send out by plugging into a source that visually conveys what you want to have, do and be in your life...every single day. For this reason, my vision board hangs above my bed. My vision for my life is the first thing I see when I awake; and it's the last image I see before drifting off to sleep. Do you have a vision board? If not, today is a great day to create one. Your vision board is a vital key to your success.

Just like the light bulb was created to shine, so are you. But first, you must get plugged in!

ASPIRE TO GREATNESS MY FRIEND!

Always Aspiring,
Rosalynd
Your Sister and Friend