

Are You Willing To Do Whatever It Takes To Connect?

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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!

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.

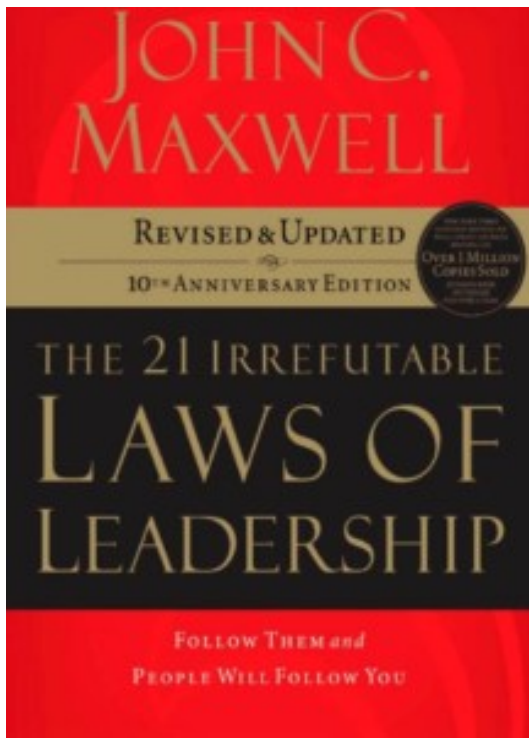
We must LIVE. DO. BE. THINK. HIGHER!

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

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

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. 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!

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