

Finding and enjoying your own greatness

I was talking about enjoying our own Greatness recently, and someone asked me what our Greatness really was. She wasn't sure where her Greatness lied, or how to find it.

I suppose everybody has their own interpretation of their own Greatness. To me, it is realizing our uniqueness, and being proud of it.

Each of us is unique by nature... You are the only You. You are the only one with your DNA, your dreams, your secrets, your fears, your potential, and passions, and your purpose all together. Too many of us discard this. Too many years hearing "This is all nice, but it is not going to earn you a living", and we follow the sheep into the mold: "the provider", "the good parent", "the good spouse",... We go through the day on auto pilot, never really present, never really mindful. I mean our body is there, but our minds aren't. They are either in the past (the argument with the kids at breakfast, the phone call we forgot to make last week), or in the future (the next meeting, what to cook for dinner, or making sure to remember buying a card for your anniversary next week).

Maybe the best way to find our Greatness is simply to slow down, consciously come back to the moment, and ask powerful and honest questions without fear of the answers.

"Where am I right now? How is it working for me? If anything was possible, and I followed my heart, what would I be doing? How would it feel? What is standing in my way? What changes can I make to get closer to my potential?"

I believe this will help you get to a place of clarity about what it is you have, that no one else has, your higher purpose, and the value you are here to contribute to the world.

So do yourself a favor... Look in the mirror, follow your heart, and find your Greatness. And then, act upon it! Because that is really the reason we are here... To play the best game of Life that we can, giving the world and the other players the gift of our uniqueness, singing our song; so that when it is time to leave we can do so with a smile, looking back upon the very best that we are, with satisfaction. This is how I want to go...

Life coaches are great thinking partners, and will help you in your journey toward finding and living your higher purpose, your very own greatness. They will ask you the powerful questions that are necessary for understanding and growing to the person you have always known you were.

Cheers! To your Greatness, and making the world a better place!

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