

## **From The Heart**

Stand up tall. Shoulders back. Jaw raised. Smile wide. Take a deep breath. Exhale slowly. Take three more deep breaths while holding that position. Now take your right index finger and point to yourself.

Notice to where your finger is pointing. As a leadership coach, facilitator and speaker I've conducted this exercise with thousands of people like you over many years. Based on live experience, it's a pretty safe bet that your finger pointed directly at your heart.

The heart is the place from where I coach, speak, interact and write. The heart is the place where I help others evoke their passion to succeed in business, career and life.

At times we are tempted to protect our heart by thinking and acting from other parts of our body. The result is instant gratification with long-term regret and disappointment to say the least. Stress comes from thinking too much from our head and ignoring the limitless natural resources of the heart via instinct, intuition and will to name a few.

When did you last say, "My heart is just not in this?" By listening closely and following our true heart, it will drive us anywhere we want to go. It also tells us where never go.

Is there risk in leading with the heart? Absolutely. But isn't that where our greatest lessons are learned? Our heart is the strongest and most resilient muscle we have. It pumps life and energy through our entire body with each beat and breath. It pumps passion into our work, play, relationships and helps us overcome any obstacle with limitless potential.

It takes courage to lead ourselves and others from the heart. That is where the greatest treasures in life reside. No one wins big by playing it safe in matters of the heart.

Bob Seeger's song "In Your Time" inspired my heart most recently in the lyrics, "*Feel the wind and set yourself a bolder course. Keep your heart as open as a shrine... you'll sail the perfect line.*" The song concludes with the words, "*You'll be fine, in your time.*"

What are you willing to put your whole heart into right now? It's your time.



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