

TAKE A LEAP OF FAITH

One of the most powerful sessions in my leadership coaching practice is called Life Purpose. Every client responds to the process in their own unique way as they should. The session tends to result in a transformational experience for both the client and myself.

I've learned from experience that the Life Purpose session works best when I just "let go" and avoid controlling the process. By doing so, the enlightenment just naturally kicks-in at some point in the process. It's fun not knowing when.

Over time and with much practice, I've learned to apply the mindset of "letting go" at will to certain aspects of my business practice and life. The openness and ability of not always trying to control everything as a leader, coach, facilitator, speaker and writer has been a major transformation for me. As a result, I experience little miracles everyday in the most unusual and profound ways.

I've learned that force negates when we press too hard for a desired result. Sometimes when we push, the door never opens. Knowing the right door is the key.

When we allow ourselves to enter a state of being that is supported by our life purpose, values, identity and natural abundance, we learn to perform in the "excellence zone" at will. We've all experienced being in "the zone" at times in our lives, so trust and believe that it is not a matter of happenstance.

Many people give up just one step short of achieving their goals, never knowing how close they really were to success. That's why those willing to take the leap of faith go far beyond those who play it safe.

We are all blessed with the ability achieving anything we are willing to set our minds to. When we begin from possibility thinking, nothing is impossible.

One-Minute Reflections:

- ❖ In what ways am I willing to give up control and take a leap of faith?
- ❖ When was the last time I found myself in the "excellence zone"?
- ❖ What energy do I bring to each situation and challenge?



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