

DO YOU HAVE WHAT IT TAKES?

To Jumpstart your Brain for “Endless” Energy Series

Marcia Harris ,MA,CLL

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Its Time to Be Bold

Imagine you with a higher level of confidence in your tone with action inspiring others to be true to themselves.

It is time to be bold. Why you Ask? I recently lost a brother unexpectedly. I will never be the same!

There will always be a hole within me that I will attempt to fill with something other than his warm encouraging tone. Why not fill it with **Boldness**? I suddenly realized that the best way to fill the emptiness is to become **bold** in who you are!

I want to remind you that this is your time to become **bold** in who you are.

Please note that I did not say aggressive but **bold**. Becoming bold is recognizing your strengths and goals which make you feel mentally strong and confident.

Studies show that each day you ignore your true strengths they weaken.

Each day you empower others by not speaking your truth you weaken in mind and spirit.

Keep in mind, as you move forward initially your views or strengths may be supported by many followers. However, as time goes by you will notice that others have begun to lose interest in your vision or goals. This is when you must become **bold**. This is where you must stand strong and continue to be true to yourself.

Studies have shown that character reflects what you do long after others have lost interest in your vision or goals. Character and **boldness** consists of what you do after the 100th or 1000th time!

Studies show that repetition creates new creative cells in your amazing brain (the hippocampus). You are growing with your **boldness**.

Repetition keeps your vision and goals connected to your heart and mind. As you continue on repetition of your values lead to maintaining your **boldness**.

In closing, I want to remind you that it is time to become **bold** in revealing who you are and the value you bring to others. Tomorrow is promised to no one.

Jumpstart your brain; jumpstart your life!

For additional questions or comments, contact Marcia Harris:

Office: (740) 353-8056

Email: mharris38507@yahoo.com

Website: www.endlessbrainenergy.com