

DO YOU HAVE WHAT IT TAKES?

To Jumpstart your Brain for “Endless” Energy

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February 2019 Series



THE BENEFITS OF THE BENEFITS OF YOUR STRUGGLES

February represents Presidents’ Day, Black History month, and Valentine’s Day. What do you think they have in common?

If you glance back in history, you will note that all of the above involved many personal struggles requiring individuals with a vision to be true to themselves, family, friends or a special loved one while attempting to create a solution that will benefit many others.

The passionate person (whether male or female) realized through the rejection of his or her beliefs that standing firm (yet open-minded) to the concerns of others, was a painful situation to find one’s self in.

It is indeed a struggle to maintain hope, strength, and your vision when you are subjected to verbal and non-verbal abuse over a prolonged period of time. Hours turn into days, days into weeks, weeks into months, and months into years. When you have **no idea** when your struggle will end your heart, mind, and soul become weary wanting to “temporarily” give up in ex-change for just a little rest.

The ability to hold on produces value and benefits in the form of creativity, determination, experience, and wisdom.

I imagine this is the point where the first benefit, **creativity**, is sparked! Deep within the passionate individual (our leaders, our heroes, our role models), a spark is revealed in their mind or perhaps in that gut feeling saying “You cannot give up now; you must find the strength somewhere to hold on another hour, another day. The end of your journey cannot be far away.” Suddenly, once again, they are able see their light, their vision, through their body-mind connection (that gut feeling).

Suddenly inner strength is regained because time, pressure, and creativity has moved them to the next level with the second benefit of **determination**. Our heroes realized they had come too far to give up now! In a matter of hours, the third and fourth benefits of **experience** and **wisdom** have now been

received! Your creativity reminds these benefits they can be used to inspire others and to show them the way to a brighter future.

As a result of the four benefits acquired from struggles, history was made.

At this point, I would like to stop and turn my attention to the present, to you. What struggles are you facing? Keep in mind that your challenges (your struggles) offer benefits as well as sorrows.

I encourage you each month to be inspired by your history. I encourage you each month to recognize that your struggles will produce the benefits of creativity, determination, experience, and wisdom as long as you maintain hope, inner strength, and continue moving toward to your vision.

Jumpstart your brain; jumpstart your life!

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