

DO YOU HAVE WHAT IT TAKES to Jumpstart your Brain for “Endless” Energy

Marcia Harris ,MA,CLL February 2020 Series



“Embracing your History”

February is Black History month. It is a reminder that African-Americans have overcome many mental, physical, and spiritual struggles or challenges resulting in hundreds of amazing leaders, inventors, and discoverers.

Embracing your history can be beneficial as a great motivator when you begin to experience self-doubt and discrimination (imagined or real).

Embracing your history is a reminder that so many before you accomplished great tasks with much less physical, mental, and spiritual support.

Studies share that many African-American leaders traveled miles on foot to follow their vision suffering from extreme weather conditions and treatment that you could not “ever” imagine or consider enduring today.

Embracing your history is a reminder that when you begin to feel sorry for yourself, glance back and embrace the strength of your past leaders. You will find after reading what seems to be the “impossible” that you should begin to count your blessings and move forward with thankfulness.

You will now realize that you have “no excuse” for not making a difference. You simply need to create a win-win by helping others to succeed. When your actions help others to succeed, you both succeed.

You will soon realize there is no greater motivation or inspiration than embracing your history to jumpstart your amazing brain to create great opportunities for others.

In observing the month of February, keep in mind Presidents’ Day and the fact that everything you need is just one person away when “least” expected.

In closing, your success comes when you (like your leaders in history) sacrifice your time so that others can succeed.

I challenge you to determined to make history every month!

Jumpstart your brain; jumpstart your life!

For additional questions or comments, contact Marcia Harris:

(740) 353-8056 (o); (740) 821-9515 (c)

Email: marcia@endlessbrainenergy.com

Website: www.endlessbrainenergy.com