

DO YOU HAVE WHAT IT TAKES
to
Jumpstart your Brain for “Endless” Energy
Marcia Harris, MA, CLL
May 2020 Series



“Who are You Really?”

“Imagine and revisit your original New Year’s vision for 2020.

2020 had such a perfect sound! This was going to be your perfect year. You haven’t changed your goal nor vision however; our world health situation has certainly changed! As a result of our sudden change in routines and communication, your vision has been placed on hold. The year 2020 no longer has that perfect sound! As society is faced with our current health challenge, you are required to slow down, switch gears, and keep your distance in order to survive.

I am suddenly reminded of a deep question asked by Les Brown (internationally known motivational speaker) “Who are you really?”

The good news is this is your time to renew your relationship with you. I have often been reminded that your eyes are the windows of your soul. Now is your time to slow down, be safe, and take a deep look within to rediscover your core, your strength, and your creativity.

I encourage you today to take a second look into the windows of your soul and rediscover who you are during these challenging times. This action is necessary in order to ensure your mental, physical, spiritual, and financial survival.

History reveals there is nothing new under the sun. We have faced international health concerns in our past history.

I wonder, what have you learned from your past? Wisdom is gained from learning from the past in order prevent repeating the same setbacks.

In closing, who are you really when you are faced with certain limitations? Who are you when your usual opportunities certainly become “not now, perhaps later? Who are you when you have to put on your creative hat in other to obtain similar results using a new approach or direction?

I now wonder, have you developed healthy relationships and resources for your mental, physical, and spiritual survival? .

I challenge you this month to look deep within and to re-discover your strengths ,your core, and your creativity in order to develop your great backup plan which will result in a win-win for you and all those within your reach. Jumpstart your brain; jumpstart your life! “

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