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Use Your Unique Abilities to Shake The World

By Wendy Hearn

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I awoke to the feeling of being shook and felt scared because I didn't know what was happening. It later transpired that we had experienced an earthquake. As I reflected on this occurrence and my feelings at the time, for me, it was a metaphor for shaking up our lives. What do I mean by shaking up our lives? I mean taking the opportunity to really go for our dreams or to take that leap of faith, that step that feels huge. Most people don't take the opportunity to shake or change their world, or even their own environment, such as work, family or community.

Shaking up your world means taking your own unique ability, strengths and gifts to either change things dramatically or to make progress towards change. The number one reason that I see stopping people from doing this is that they are unaware that they personally have so much more to offer. There are also the people who at times have fleeting thoughts of their brilliance, but they let these thoughts pass without belief or action, probably due to fear.

I believe that you as an individual possess much more than you ever tap into. This may be in the form of wisdom, skills, beliefs, strengths, intuition, ability, and gifts. A whole unique combination of all these things belongs to each of you as individuals. It may seem easier to play small in the world and not to look at your unique and true potential. However, by doing this, what are you and others missing out on?

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Just as the earthquake was scary for me in the feeling of being shook, it can feel very scary to consider what you have, that potentially could add to or shake up your life and possibly others around you. Fear is a major factor that holds people back from going for many things. Thank the fearful part of you for being there, become its friend and embrace it on your journey, rather than be stopped by it. If rather than being stopped by fear, you took it by the hand and led it forward, what could you offer out to the world? Perhaps you're someone who works in a corporate company and has some insight into improving communication,

employee retention or leadership development. Possibly you run your own business and sense that there is a more innovative way of offering your product or service. Maybe you're an individual who wants to build a stronger community that you live in or have ideas on helping drug-addicts or single mothers.

Although it may feel scary to consider what you have to offer, it can also be very exciting. I believe that you do have a sense of your magnificence, even if it's buried very deeply. Perhaps you just haven't given it an opportunity to be unlocked and to shine brightly. You can unlock this at your own pace and this usually requires you stepping out of your comfort zone. Although when you first step out of your comfort zone it may feel difficult and fearful, you will at some point become comfortable again. The first step out of your comfort zone is to start the process of seeing clearly what you have to offer that may potentially shake the world. Whether you have much of an idea of what it is or not, start by committing your thoughts to paper. This allows you to see it clearer as it is today, and the opportunity to add to it and explore it more. Exploring it more involves considering the following:

- What are your ideas?
- What are you really good at?
- What do you want to change?
- Your values.
- What's important to you?

At this stage you may not know how you're going to go about using your unique abilities and that's okay. Continue to write about them, dream about them and allow yourself to

get really excited about them. When your enthusiasm and inspiration is increased dramatically, you will find that you naturally know what needs to be done. Your excitement and inspiration is infectious to people around you, even if they don't know of your idea. This often draws the right people and opportunities to you.

What I want for you is to stop playing small and discover what your unique brilliance is.

Wendy Hearn Personal and Professional Coach She works with business owners, professionals and executives to discover and unlock their own inspiration, to effortlessly take the actions required to have the success they desire. To receive Wendy's free newsletter, send an email to: newsletter@wendyhearn.par32.com <http://www.Business-Personal-Coaching.com> Copyright 2002,

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Ten Ways To Use Your Strengths, Gifts, Talents And Abilities In Retirement

By Cynthia Barnett

I've got to be honest with you, the greatest human failing is not being able to judge your own personal strengths, gifts, talents and abilities. In fact, if you're like most folks, you spend way too much time identifying your weaknesses and spending all your time trying to overcome these imperfections. This is very detrimental to our spirit and totally takes away from your strengths and talents. If you've been doing this all your life, now is the time to stop! Being a successful retiree means learning how to use your strengths, gifts, talents and abilities. In this article, we'll discuss ten proven tips to help you take advantage of your abilities:

- Recognize your abilities - The first thing is that you have to do is recognize your abilities and dismiss feeling of inadequacy. You must recognize your strengths, gifts, talents and abilities, whatever they may be. Believe in your "true self" and find out what you're truly good at and what your "unique calling is." We all have special talents and are unique individuals.
- Identify your unique strengths - Explore and identify your strengths and talents. For instance, if you had pursued carpentry as a career or as a hobby, your strengths could be an eye for detail, precision, and creativity. You could mold your after-retirement career around these traits.
- Be confident and proud of your strengths- It is a natural tendency to underplay your strengths. After all, no one wants to be a "brag" but retirement is the time to be confident and proud. You've accomplished so much in your life and now is the time to take advantage of your skills. So, it's OK to give yourself a small tap on the back. By capitalizing on your strengths, you can accomplish all of your goals and help others in your path.

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- Building your retired life around your strengths - After recognizing your strengths, gifts, talents and abilities, plan your retired life around them. Use your skills and talents to identify opportunities. Perhaps you'll pursue a `second' career after retirement or a volunteer opportunity. The possibilities are endless. Just be open and receptive to receive and you'll gain a sense of fullness and accomplishment.
- Finding new goals - . Now that you have some time on your hands, really think about your goals and aspirations. What is it that you want to accomplish in your life? Has your dreams changed since you were a teenager? Do you still have the same interests that you did 20 years ago? How can you make your dreams become a reality?
- Start a business - Today, retirees are better educated and skilled. Use your knowledge and skills to start a business or nonprofit organization. Not only will you use your talents in a wonderful way but you'll make a significant contribution to the world.
- Educate others - If teaching and coaching is your special talent then don't hog it, share your knowledge with others. Conduct adult education classes or tutor students.
- Re-education - Reeducate yourself. After all, learning is a lifelong process and you could use your retirement years to increase your knowledge. Take this time to learn new skills or brush up on rusty ones.
- Community service - Pay back to the community that gave you so much by volunteering your services. For instance, if you're a retired carpenter, perhaps you can make cribs for a teenage pregnancy shelter.
- Remain active -Stay active in the community. Perhaps you can run for political office, help someone with their campaign, become a deacon, whatever you're called to do.

In conclusion, everyone has special gifts and talents that could be utilized to make the world a better place in which to live. Even if they were previously hidden or dormant, retirement is the time to take advantage and pursue them.

Dr. Cynthia Barnett is a "refired" educator who had reinvented her life moving from the school house to an entrepreneurial venue.. She is the author of "Stop Singing the Blues: 10 Powerful Strategies for Hitting the high Notes in Your Life, and RE-FIRE, Don't Retire: 7 Secrets of Highly Successful Retirees She was featured by Time magazine for their article on women in mid-life who have reinvented themselves. If you are ready to "RE-FIRE" your life sign up for my free 7 day audio mini course on the 7 biggest mistakes retirees make and how to avoid them for an extraordinary life at



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