

IT'S EASY TO FANTASIZE - written by Sylvia Marina

It's easy to fantasize about what we want, the precarious part is moving from fantasy to reality! Endless hours can be spent scanning your psychology for fears, justifying why we are doing what we are doing, working where we are working, the unfulfilling job and environment, explaining often to yourself why you are living with whom you habitually squabble, it's easy to justify failure, especially when you haven't yet totally stepped into that which you truly wish to become?

What stops people from being what they truly wish to become? Fear!

Fear of success

Fear of failure

Fear of what others may think or say if you fail or succeed

Ignored fears grow like fungus, eventually taking over our entire lives. I have just had an hour with a magnificent young lady who has a brilliant impending ability to shape the lives of teenage women. Getting started is what stops her. I can see her magnificence. It is not her fear of failure that is holding her in a tentative state, the fear of success is her saboteur.

It is easy to create excuses, easy to find people to wallow with in failure, people who will give you good reasons not to succeed. But when your goal is for success, you'd better have your telescope focused on your dreams, values and expanding capabilities.

How does one measure success?

In his book titled 'the measure of a man'. Sidney Poitier gives examples of disappointment and success. I enjoyed his life story and today recall so many times he directed this truth... be true to yourself. Sidney's father was his life mentor.

The role of a holistic mentor is to keep you on track in terms of always 'being true to yourself'.

Early in my life I figured out what my life's reason was about and set about doing it. It hasn't always been an easy path but it is my purpose, it is this choice that gives me the opportunities to become the person I have the capacity to be.

I have had and continue to have outstanding mentors in my life. I say 'have had' because some have physically left this world, their influence however, continues to inspire. People who walk their talk, who became who they had the capacity to be and then became a teacher and mentor to me.

I too have known people who had the capacity to be more but lacked courage. These lives have motivated me to be a person of courage and through being all I can be inspire others through their 'times of change' and tentativeness to become all they can be...and then some!

Without mentors who would I have been? I have no answer to that question, 'I became' because of those great teachers whose wisdom I sought.

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HELPING PEOPLE THROUGH TIMES OF CHANGE.