

My Inner Prize!

By Terri Norvell

Your *inner prize*...it's like a diamond. There are many facets and components to this prize. On the innermost level it's our inner confidence, inner knowing and inner calm. It's the intangible inner qualities that enable us to see opportunities, confidently make choices and produce tangible results with ease. Our inner strength is always within us, yet sometimes it's hidden from our seeing. It's released by changing our perspective through gaining clarity, self-awareness and understanding. Not always an easy task, yet well worth the process.

I have a friend, call her Angela, who had what appeared to be a highly desirable life. She was president of a successful company, was and still is respected in her industry, has a loving husband and terrific children. Her life was moving along beautifully...and yet she wasn't happy and she didn't feel fulfilled. It was her diagnosis of cancer that finally propelled her to reflect on what was important in her life. After much introspection, bringing her priorities into focus and inner confidence building that she decided it was time for a major change. She saw her situations with a different perspective and confidently quit her position. She chose to start her own business where her personal knowledge and business expertise is producing even greater results. She is now healthy, has inner satisfaction and business is rolling in!

Too often it takes a major trauma for us to realize that we are not fulfilled and not living to our full potential. Whatever the catalyst, here's the five step process Angela used to tap into her inner strength:

1. **Awareness:** the cancer scare was her propelling 'wake up call' to evaluate what was working and what wasn't in her life
2. **Focus:** she took time to get clear on what's important to her and what she values most
3. **Choices:** she evaluated her options and made high-impact, result focused decisions
4. **Planning:** she created a practical plan with specific goals and actions steps
5. **Results:** in taking confident action she took charge of creating her desired life.

There's 'proof' that we are functioning with our *inner prize*. This includes: remaining calm in the heat of change, seeing different possibilities rather than only one 'right' way, making tough decisions with ease because we trust ourselves, feeling great about what we achieve and knowing we did our best. When life feels difficult and challenging, it's time to reflect and develop new strategies.

Think about your personal and professional life right now. Are you tapping into your inner strengths? If not, what step can you take today to develop greater confidence in seeing the opportunities around you and being the best that you can be? Whatever it is...start now.