

Connections

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Live Large

Nelson Mandela said “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us.”

I did not fully understand the truth in this quote until I participated in an experiential workshop with the goal of stepping into my personal power. The moment I uttered the words “I would like to be substantial in this world,” I started to shrink. As the day progressed, I censored my participation telling myself to “be quiet” and “to say less.” My goal was to be BIG and I immediately shrunk to the size of a Lilliputian!

Reflecting on this experience, I realized the times that I feel substantial and the times that I feel small. When I ski down a double black diamond trail, I feel powerful. I focus, attack the slope and at the end the run feel a great rush of self satisfaction. I feel small when I say “yes” when I mean “no”, when I mute my voice when I am yearning to be heard and when I give into the pressure in society to be the “nice girl”, not a smart woman.

So what makes you shrink in life? What makes you decide to play small and not live large? What helps you shout out and use your voice? What mutes you? These are essential coaching questions for each of us to answer individually. There is no right answer, only your answer. Be kind. Allow yourself to be a work in progress while you ponder these inquires. Remember it’s the journey, not the destination. And living large makes the journey much more interesting!

Here are some tips for Living Large in 2007:

Don’t Settle For Status Quo

One thing about a good coach is that we walk the talk, continue to grow and don’t settle for status quo. By this definition, I am an awesome coach! A good coaching relationship helps you clarify where you are settling for less than you desire and how to take your business and your life to the next level. If you like the status quo, then coaching is not for you. If you like change, growth and reaching new heights, then push yourself and don’t settle for status quo.

Use Your Voice

For over a decade, I have counseled women with food and body image concerns to use their words not their behaviors to communicate. A key part of recovery is to use your voice, to speak up and be heard. You have to tolerate that telling

your truth may cause conflict but it will result in a richer fuller life. Now I coach professionals to do the same. If you have something to say, why not say it? What is the cost of being quiet vs. the cost of speaking up? Just think if Nelson Mandela played small.

Be Substantial

Substantial is a great word. Say it aloud and let it resonate throughout your entire body. Try whispering it and try yelling it. What happens in each instance? It is very grounding to be able to acknowledge your sense of worthiness in the world. From this place you have clarity, can set and achieve personal and professional goals more easily and can ask for what you are worth financially and personally. So be substantial.

Live Large

In the movie, Fast Times at Ridgemont High, the main character Spicoli would say "Live large dude". While Spicoli had a lot of personal growth a head of him, he was right on target with this essential truth. Living Large is a shorthand for embracing life to its fullest. Take risks. Laugh out loud. Think outside the box. Make a difference. Dare to connect. Don't just live, live large!

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