

Are You Feeling Awesome?

I was recently on a website that sells children's clothing. On the main page I found a few words that resonated with me. It started off with "There was a time when you were five years old, and you woke up full of awesome. You knew you were awesome. You loved yourself. You thought you were beautiful, even with a missing tooth and messy hair and mismatched socks inside your grubby sneakers."

It goes on to ask if you are still feeling awesome, or along the way and the years did someone take it away from you. When you were a child, did you have moments of believing you were amazing? I sure hope so!

I spent last weekend with my grandkids, ages 5 and 8. I watched them impress me with their ability to build a creature with their Lego blocks, do cartwheels, sing, dance, show me how incredibly smart they were by reciting some of the things they've learned in school, all in the course of being their authentic selves.

It saddens me to imagine that someday someone is going to tell them that they're not beautiful enough, strong enough, thin enough, smart enough, good enough. Instead of listening to them I hope they consider that this "someone" may be wrong.

With all the life challenges we face, the losses, the struggles, the self-doubt we own, how do we hold onto some of the awesome we once took for granted? I think it starts with intention.

The world can be a loud place, full of drama, expectations and demands. It's easy to get caught

up in what the world expects of us, what the model is we're told to mirror. I'd like you to ask yourself:

Who is defining success for you? Are you defining what's right for someone else through your judgment? Is there such a thing as a person with no self-doubt? At what age do you stop living the life as you're "supposed to" and start living your authentic life?

We all know that each day is a gift, and those days are numbered. That's not a doomsday statement, it's a realization that today is the day I'm living, to its' fullest, in all of my awesomeness. I woke up, with some aches and pains, with some lingering concerns about people I love, but I woke up. I have another opportunity to make a difference, touch a life, grow, learn, be kind. And if by chance the sun is shining today, I'll bask in its' warmth. If it's not, I'll get on with my awesomeness and mission of living, with hopes that it appears tomorrow. I'm focused on the things I can impact, and leaving behind those things that are far above my pay grade. I've been given another day to engage with, so what is my "intent" as I traverse it. Will I take a moment to be silly, try something new, encourage someone who's struggling?

Age can and should be a time of reflection, reengagement, and renewal. But how we approach it, what our intent is, will determine what we give and get out of it. Maybe it's time to rediscover your **WAKING UP FULL OF AWESOME!**

*This article is a reprint of a blog posted by
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