

## Are You Soaring or Foraging?

Have you ever noticed how confidently the eagle soars through the endless blue skies around it? This powerful bird flies high at his vantage point and, as a result, is able to view the bigger picture in life.

Compare this symbol of strength to the kiwi bird. This flightless creature lives close to the Earth, spending its time foraging deep in the grass and weeds. It views life at a very different and limited vantage point than the eagle. Kiwi birds don't have the opportunity to see beyond what is directly in front of them, so problems seem overwhelming.

Entrepreneurs can be a lot like kiwi birds. They spend so much time foraging in the weeds that they miss the bigger picture. They use up all of their energy working **IN** their business that they are unable to work **ON** their business. Instead of treating problems that come up like blips, or bumps in the road, they see them as insurmountable. This can prevent entrepreneurs from realizing the vastness of the opportunities around them.

In order for entrepreneurs to soar like eagles, they must be able to create space for themselves. Recognizing your full potential can never be achieved if you're viewing life through confining blades of grass.

Here are some simple ways for you to create the space necessary in your life in order to ***SOAR:***

## **Meditate or Pray**

Find a quiet space and set aside some time each day for self-reflection. Meditation or prayer helps us practice the art of letting go. It offers us space **beyond** our own mind where supernatural power and limitless opportunities exist.

## **Surround yourself with stellar people**

Having a dedicated and competent group of people in your business circle is very important. This enables you to give others the authority to make decisions on your behalf, thereby freeing you up to focus on those activities that only you can do

## **Rejuvenate by unplugging from work**

It's easy to get bombarded by the daily demands of work. Take some time each day – even if it's just for a few minutes – to unplug from the “doing” and take a step back. Physically removing yourself from the office environment can have a profound impact on your energy. To test this concept out, simply ask yourself what you were doing when your last brilliant idea came to you. Were you pounding away at your office? Or were you tooling down the road in your car, or simply taking a shower? Most likely it was one of the latter. Clearing the brain of clutter opens it to unlimited possibilities.

## **Dream a little dream**

Give yourself permission to dream. It's in dreaming that we realize our opportunities are *ENDLESS*.

### **Let go of the need to control**

Are you afraid everything will fall apart if you're not in control of a situation? Having control is a myth anyway. We can always strive to do our best, but in the end the outcome is generally beyond our control. Learning to let go of the need to control will allow you to feel **inner peace and personal freedom**.

### **Embrace the here and NOW**

Perhaps you're holding on to stress from the past and worrying about what the future holds. Focusing on the "what ifs" or "if onlys" will bog you down and prevent you from recognizing your greatest potential. What's important is the here and **NOW**. Shifting your focus to the present will enable you to see the situation clearly and act out of strength, rather than from fear.

Creating space in your life will help you shift your way of thinking and see the bigger picture. Instead of being like the kiwi bird, living in a confining and restrictive world, open your mind and **SOAR** like the eagle. Embrace life's possibilities. Then you will truly be able to recognize the limitless opportunities available to you in each and every moment.

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