



A Privileged Woman

"I always knew that one day I would be rich -- just like I always knew that I would one day have a special needs child." My mouth dropped open as I stared in amazement at my friend and long time colleague. All of the holiday shoppers' chatter and lunchtime busy-ness faded into the background. What caused me to pause with fork in mid-air as I heard these two emotionally opposite facts of her life was not the statements themselves since I was very much aware of both. Rather I was struck at how her whole demeanor and attitude communicated that she was not only grateful, but also tremendously privileged to have both.

After months of planning that always ended in last minute cancellations, my friend and I had finally connected during the holiday break. We settled into a comfortable booth at a trendy restaurant in San Francisco's Union Square and began catching up on the whereabouts of old friends and activities of our teenage children. Our conversation eventually turned to career aspirations and next steps for our future. As she began to lay out the plan for her new business endeavor, I voiced my support and agreement and confidence that everything in her life had prepared her to launch this next phase. Although I truly believed that, I was totally unprepared for her explanation of why she was prepared.

Why is it that some people can ride the turbulent waves of life and still excel while others get tossed about and often give up in despair?

One way to describe what is needed is a concept I recently heard used by author Tom Morris – pre-cursive faith. Actually it is much more than a concept. It is a realization by those who prevail in life that faith must run ahead of each new challenge. Although she never used the term, it is what my colleague exhibited in her life when she made the assertion that she always knew she would be privileged to be rich and to have a special needs child. And somehow she knew that one would not obfuscate the other. Both would play very necessary roles in her future success. Pre-cursive faith is to make your mind up, before the challenges and disappointments even come that you will overcome them and still achieve your dreams.

Of course many people find this determination in the midst of life's storms, but it is never too early to cultivate this inner strength. It is why we must take time to prepare ourselves mentally for our future. The great philosopher Marcus Aurelius wrote, "Your life is what your thoughts make you – so why not make it great." Our thought life, our imagination and dreams can bring us through the toughest adversity. It allows us to receive the power we need to continue pressing through adversity and reaching towards our future.

In my book, *Ten Keys to Overcoming Disappointment*, I talk about the importance of maintaining the proper mental perspective. When seeming setbacks strike, know that it is a temporary circumstance – one of those trying, frustrating, disappointing moments (even though it may be lasting for years, it's still a moment) in life.

So how do we keep that perspective? By staying in a state of expectancy. You will never be able to advance if you expect to remain stationary – in the same negative place all of the time. Expect things to get better. Expect your dreams to come true. Expect to get out of debt. Expect your career to take off. Expect to meet the love of your life! Never resign yourself to things staying the same. Imagine your life the way you want it to be. With this new attitude, whether male or female, you can reconfigure your whole approach to living and enjoy all of the privileges that come along with it.

PowerUp by letting your pre-cursive faith and state of expectancy make you a privileged person!