

A Jumping-Off Point™

“Stepping out in Faith; Stepping into Greatness”

“A journey of a thousand miles must begin with a single step.”

-Lao-Tzu

There is a great scene in the film “Indiana Jones and the Last Crusade” that epitomizes the power of faith and belief in oneself and in one’s goals. Indy, an archeologist and adventurer, is on a quest to find his father who has gone missing in his own archeological



quest to find the Holy Grail. Though the Grail is the obsession of every archeologist – and in this adventure, also the Nazis – there comes a moment in the film when Indy needs the Grail for a higher purpose other than professional pride. He must find the Grail in order to save his father who will surely die without its healing powers. Indy has been following the instructions to locate the Grail that are contained in an ancient book, but in a dramatic moment – just when he needs the Grail the most, he incredulously comes to a dead end – to the rim of a chasm that appears to be bottomless – with no apparent means to cross to the other side. He consults the book again and learns that what is required for the bridge to appear is belief... faith. And with that terrifying knowledge, he closes his eyes

and he steps out with both feet...and the bridge does appear beneath his feet. He then runs quickly and effortlessly across the invisible bridge to the other side, eventually completing the quest to save his father.

Napoleon Hill wrote “Somewhere in your make-up there lies sleeping, the seed of achievement which, if aroused and put into action, would carry you to heights, such as you may never have hoped to attain.”

This seed lies in each one of us – yet not everyone heeds the call to arouse it and put it into action, to step into her or his greatness. In fact, what’s probably truer is what Henry David Thoreau wrote over a hundred and fifty years ago, and that is that “Most men lead lives of quiet desperation and go to the grave with the song still in them”. And as Earl Nightingale often said “Only about 5 percent of the people achieve unusual success during their lives”.





If you are reading this, you are heeding the call to your greatness. You have a vision, a desire, a goal but maybe there appears to be a chasm between where you are now and where you want to be. You can see the realized vision, desire or goal (or you get glimpses of it), you can feel it, it is pulling you forward...and yet you find yourself stuck...unable to make the leap, unable to get to the other side. Often times you think that if you only did something more (learned new techniques, read another book, bought another program) or had something more (time, money, know-how, connections, a break, luck), you'd be able to make the jump into realizing the vision. The truth is that first step into your greatness is more about your mindset than about your skill set. And the first step is often not about adding but about releasing.

In order to take that step out, you will have to release something. It may be one or more of the following:

- old beliefs
- the need for control
- your past
- guilt
- fear
- relationships that hold you back
- relationships that are toxic
- remaining comfortable
- your thoughts of lack and scarcity
- things that no longer serve you
- the safety of playing small in your life
- being afraid to live on the edge



With the load lightened, it becomes easier to make the leap into the life you have envisioned and step into your greatness. And the beauty of it is it's not a one time process...your greatness continues to unfold every time you take another step out in faith.

Releasing what holds you back is a jumping-off point for your growth and success.

WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE? You can, as long as you include this complete blurb with it: Kate Sanner is the CEO and founder of Vivacity. As “Jump Instructor”, Kate helps a woman on the verge of doing great things to take the leap into the life she has been dreaming of...whether it’s starting a business, writing a book or fulfilling a life long ambition. Once a woman has made the jump, Kate then provides tools and resources so that a woman can continue to take herself to new levels and to maximize and monetize all her efforts for continuous growth, financial gain and success. She is also a podcaster, Ezine publisher and internet radio show host. To get a **FREE** copy of Vivacity’s “The Think and Play **BIG System**”™, a 10 Step, 46-page guide,- a \$57 value - that shows you how to bring your vision for your enterprise into reality and onto new levels, go to www.vivacitynow.com and fill in your first name and primary email address in the box in the upper right hand corner.