

STRENGTH

What is your strength? How many strengths do you have? Do you allow your strength?

Strength is asking for help, guidance, and mentoring. It's knowing what you don't know, and working to acquire the skill and knowledge.

Bullheaded strength thinks it can do it alone. It already knows, and it's smarter than the others. That's why the person loses.

Strength is the woven fabric of a team working together. You can easily break a straw. A bundle of straw you can't break. It's that simple.

Strength is more than one. Strength is a team and allowing a team to assist you and being part of a team.

Lance Armstrong won the tour de France bike race. He won, but his team also won. His team took turns going ahead and 'drafting' him to keep him moving fast and saving energy. The rider in the front takes the wind, the ones behind him 'draft', obtaining the advantage of reduced wind resistance. Hence, they can go fast and not work as hard, saving their strength. Yes, it was team strength, not just one person.

It takes strength to allow others in, to admit you don't know it all, to admit you have things to learn, and skills to acquire.

You do have strength, and you do have skills that can help others. That's why we like to help others and feel good when we do so. We add value for others. The one you add value for can add value for you in other ways. Each of us has strengths, and often it's a strength the other person does not have.

Sure, you have the strength to do a lot on your own. Perhaps you do most of your work alone. But, isn't it fun when there are others to work with who all share the same common vision and goal? Isn't there always something to learn by watching and working with others?

Have the strength to try something new, to take a different approach. Life is about growth, learning, and doing. At times there are better ways, and only in working with others will we learn those better ways.

Find others with strengths that compliment yours. Work with them and enjoy their company as they enjoy yours. The relationship will grow and thrive as each shares their unique strengths with the other. Truly, a win win situation.

You might make a list of your strengths you'd be willing to share with others. You'll be surprised when you take the time, as you'll realize you have many strengths. Then list those strengths that would assist you in the various areas of your life, such as work, hobbies, and sports. That may well entail three different people. You may well have strengths to share with each of them.

Share your strengths to make them strong and allow others to share their strengths with you so that you add strengths.