

# How to embrace the miracle of labour pains

Amidst life challenges, we are all required to do our best without holding back

By KHAMI CHEGE

The other day I heard an interesting story from Les Brown about explorers who were touring a remote country. One day in the course of their adventure, they met a group of boys playing in the field with something that looked like a marble. They

asked the boys if they could trade their play toy with candy and the boys gladly accepted.

On close examination of the object the boys were playing with, the explorers realised it was uncut diamond. The boys had no idea what the value of this play item was and they sold it cheaply. If only they knew better, they could have sold it for more than they did.

Before you take sides with the subjects in this story, think about your life and ask yourself whether you are getting your real value's worth. Many a times we sell our skills and talents way below what we are worth. We get stuck in unfulfilling jobs because we imagine that we are not qualified enough to have better jobs.

We stay in bad relationships because we imagine that what we are getting is all there is. We have no idea that we have this great potential and talents which if unleashed could catapult us into great heights of success. If only we knew better, we would certainly do better.

I believe that every day, life gives us an opportunity to access and evaluate where we are. We can then determine the direction that we want to take. If we are happy, excited and enthusiastic about the results that are we are getting in various spheres of our lives, then we have all the reasons to enhance our actions. We can do more of what we have been doing.

### Are you holding back?

If on the other hand, we are falling behind on our promises to ourselves and others, maybe it is time to find out whether we are using our real potential or just being mediocre.

Many a times we keep postponing and procrastinating on doing what deep down we know we were created to do. Since we are afraid of charting new horizons, we get stuck in our comfort zones.

You could have been harboring a business idea for years but have never had the courage to get started. You need to realise that time wasted is never recovered and just delve into it. While is it good to take calculated risks, many times we suffer from analysis paralysis. We use research as an excuse instead of hitting the ground running. We talk to our friends who are already on their journey in a bid to get more information without realising that we cannot learn to swim by observing swimmers or without getting wet.

### Now or never

Time has come to take a dip into unlocking your deeper passions, potentials and talents. We are all uniquely created with each person having been

made for a particular purpose or calling. Like the Monk who sold his Ferrari, in Robin Sharma's book, maybe it is time to ditch your office job and pursue your business.

If so, start your business on the side and after you learn the ropes and are confident enough, resign and commit your time to your business. It is said that when you discover your passion, you will never have to work again.

If you are struggling to wake up and go to work, that could be an indicator. Do not hope that you will feel better because deep down you know it will only get worse.

### A call to commitment

Usually, it is never a question of knowing what we want but lack of commitment to pursue it no matter what. Commitment means that you deliver on your purpose regardless of the obstacles that you may face. Commitment can only be demonstrated by our actions and not words.

If we are committed to losing weight then our

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actions; eating habits and fitness programme should show our commitment.

If we want to be financially free, then we must demonstrate commitment through regular saving, seeking investment opportunities and incrementally making investments. Interestingly, there is always too much talk and little action.

### Doing all you can

Amidst life challenges, we are all required to do our best without holding back. It is called the miracle of labour pains. It is about being clear on what we want and working diligently to achieve our desires. It is about becoming better every day. Therefore, it is paramount that we start on a journey of personal development.

Success then is not what you get but who you become. It is by acquiring new skills and putting them into action that you can incrementally improve. You want to run a business, read about your nature of business and its requirements, seek information on healthy living, happy relationships and investments if you want to succeed in those areas, then realise that only applied knowledge is power.

Lastly, Bob Proctor says, do not tiptoe through life hoping that you will make it safely to death. Embrace your destiny. ■

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