

## You Are Better Than This

You are better than this. You are, you doubt it, and your doubt holds you back.

Know you are better. Act it. Believe it. And it will be.

You are your biggest critic, and you are the one, the only one, holding you back from your greatness.

Who believes in you? Who, over your lifetime, has believed in you when you did not even believe in you?

There was a tall boy in a small farm town who rarely went to school. He was dirty, didn't brush his teeth, and wore torn smelly clothes and didn't have his hair cut. He was a loser. Everyone had given up on him.

His fifth grader teacher, Mrs. Murphy said, "Squibb, you are better than this."

He continued to drift, dirty and un-kempt, and entered the Navy at the lowest possible rank. He started to clean up, to get up, and to make something of himself. He retired as a two star Admiral and was the only one in the service to advance from the lowest level to two star Admiral.

The small farm town had a retirement party for Mrs. Murphy. It was a big event in the small farm town; and the local meeting hall was packed, with standing room only. As the ceremony started, the back door opened and in walked a tall, neat and crisply dressed two star Admiral in his formal attire. He walked to the front, knelt in front of the teacher and said, "I am at your service."

The story is true. Believe in someone and tell them. Believe in yourself. We need to believe in each other.

We can be more. We can be better. The first step is to know that we can. We need to know we can be better and we need to reinforce it in our children, our family, our friends, and our fellow employees. Everyone.

Then, action. Knowing and doing are the keys. In the knowing is the motivation to do, to try, to work at it, to continue when we fall, and then, after falling often, to succeed, to taste the victory of accomplishment. To prove that we are better.

We already know we are better than this. We know it, but we allow self-doubt and self-criticism. We compare ourselves, and we think we don't measure up. We do.

Accept the fact you are better than this. Then, prove it correct. Just do it.