



# *Mondays with Mike*

## **AULTCARE**

### ***Discovery***

Be brave enough to live life creatively. You have to leave the city of your comfort and go to the wilderness of your intuition. You can't get there by bus, only by hard work and risk and by not quite knowing what you're doing. What you will discover will be wonderful. What you'll discover will be yourself. - *Alan Alda*

Scott Mautz, in his book, *Make It Matter*, shares this reflection relative to Alda's quote.

"The desire to live up to our fullest potential is one of the most fundamental sources of internal motivation. It's what drives athletes to compete and win at higher and higher levels while they are able. It's what drives a single mom to hold down two jobs and take classes at night. It propels an accountant to take the stage for the first time on open-mic night at the comedy club. It pushes a pizza delivery person to save up to buy his own franchise."

Let's leave the fear of failure at the bus stop and jump on the next bus to self-discovery. The examples shared give us hope that we, too, can motivate ourselves to even greater heights.

Choose a journey of discovery this week. I think you will enjoy the view from those new heights!

Have a great week!

