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I Am Only One

Licensed Professional Counselor

Certified Professional Life Coach

I am only ‘one’ in a mammoth sea of surging and foaming humanity within which my main and often single goal is simply to survive. The winds will blow and the tides will roll in whatever way they spuriously and often callously choose to blow and roll. And whatever choice they make will dictate the ways that I will go because I’m far too small to swim against them, and far too weak to even dare chart a different course from theirs. I am only ‘one,’ and being ‘one’ doesn’t appear to be enough. In fact, being ‘one’ amidst billions of other ‘one’s seems to render me as entirely insignificant. Yet, it would behoove me to realize that anyone and everyone that changed history was only ‘one’ in the just the same way that I am ‘one”.

To what degree do I feel that I am able to impact my world?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

Do I feel that I possess enough *power* to impact my world?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

Do I feel that I possess enough *intelligence* to impact my world?

0 1 2 3 4 5 6 7 8 9 10

Not Fairly Very

If I had three wishes and could wish for any three things to expand my ability to impact my world, what three things would I wish for?

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How many of these things do I already possess that I don’t necessarily realize I possess?

How can I take these things that I already possess and more fully maximize them?

What do I need to do to move past the mentality that being ‘one’ somehow limits me more than it does every other ‘one’ who impacted the world?