



2023 Will Be Legendary

It's here...2023 has arrived.

Are you ready to make this year legendary?

You are probably wondering what I mean by that.

Every year I choose a word to inspire me and move me forward in all areas of my life. Last year it was "Forward" and I focused on moving forward in two businesses, my health, my relationships, and my spirituality.

Overall, I was successful in that forward momentum and looking back feel accomplished in that goal. The year was not without its setbacks as I lost nearly three months to a health issue early in the year. But once that was behind me, I was propelled forward culminating in massive growth in the final quarter of the year.

As I looked toward 2023 I wanted to push myself. In searching for my word for the year I kept coming back to "Legendary".

What would it take for me to make 2023 a truly legendary year. In choosing the word legendary I am making a promise to myself. A promise to both understand and live my life as if it already is legendary.

But, what exactly does living a legendary life look like? Rather than the description that someone or something is legendary meaning that they are very famous and that many stories are told about them. I choose to focus on the definition of living a life that is remarkable and extraordinary.

- ❖ What does that mean?
- ❖ It means doing what others are not willing to do.
- ❖ It is thinking out-of-the-box.
- ❖ It is breaking some rules or beliefs that are holding you back.
- ❖ It is being open to new ideas.
- ❖ It is saying yes to those things that make you happy and joyful.
- ❖ It is being true to your word.
- ❖ It is doing what pleases you even if others think you are crazy.
- ❖ It is taking inspired action.
- ❖ It is moving forward even if everything is not perfect.
- ❖ It gives others inspiration to stretch their own self-imposed boundaries.

Living a legendary life puts me in the spotlight. It also means stepping up to shine my light on others so that they too can grow and shine.

How am I going to make 2023 “Legendary” for me? Here are the six areas I will be focused on throughout the year.

Listening: the act of concentrating on hearing something, the act of paying attention.

How often has someone told you that you have two ears and one mouth? You should be spending twice the amount of time listening instead of talking. Listening is the most important part of communication. Everyone wants and needs to be heard. How do you know what someone wants or needs unless you allow them to tell you?



Being a good listener is essential to leading a legendary life. It is only through listening that you can understand how you can best serve a customer, help a friend, offer guidance to a troubled family member, or identify a new opportunity. Ask questions that encourage engagement instead of one-word answers.

Give them time to speak. Give them time to put their thoughts together instead of jumping in during an uncomfortable pause.

You are not listening if you are thinking ahead of what you will say next. If you think you know what someone is thinking without letting them talk you make assumptions that make others feel unheard. If you are not clear on what they want, ask more questions, and allow them to speak.

This is an area that I know I can improve on. Working to improve my listening skills is the first step in stepping up to living a legendary life.

LEARNING: Learning is the process of gaining knowledge through study.

Always be learning. The more you know about this amazing world we live in the better prepared you are to understand and solve problems.

We have the world at our fingertips. Anything you want to know is just a click away on the internet.



The quick answer to a question is not what learning is all about.

How do we learn new things? We learn by doing. We learn by repetitive action. We learn by using multiple senses to truly integrate new knowledge. Using that new knowledge for practical applications in our lives and business is when we have truly learned.

Learning is an investment of time. Learning may also require an investment of money. Learning is an investment in yourself.

I have invested in myself as an entrepreneur. I have had and continue to have business coaches to guide, teach, and push me forward. I continue to invest in learning how to take my life and business to the next level.

Learning is fun and an essential element to living a legendary life.

LEADERSHIP: the action of one that leads, guidance; direction; leadership, the position or function of a leader, ability to lead



Another essential part of leading a legendary life is leadership. Ask yourself if you are a boss or a leader? A leader takes the blame for failure and attributes success to the team they are leading. A leader gives clear guidance and direction for expectations allowing for feedback and adjustments. A leader creates an environment of positivity and team.

Leadership in your field, community or organization means becoming known and respected by your peers and team members alike.

There is also leadership in being a member of the team. Your respect for other team members. Your willingness to help others that are facing challenges with the project without taking over for them is an important leadership skill.

Leadership incorporates both listening and learning skills as foundations of great leadership.

Whether you are a natural or reluctant leader. It is a skill that is essential to becoming legendary.

LIVING: living refers to the quality of people's daily lives.

What is the quality of my life? Am I happy? Am I comfortable? Am I living my life fully and completely with joy, gratitude, and happiness.



If there is an area of my life that I have control of that is not bringing me these things. Can I change it? Do I want to change it? What can I do to change it?

Truth is that the quality of my life is up to me.

Can I find something to be grateful for every day? Can I see a lesson learned from a setback or failure and move forward instead of giving up? What makes me happy?

I choose to live a life filled with joy, gratitude, and happiness. If something is not bringing those things into my life, I choose not to do them. If there are tasks that must be done that I hate doing, I will find someone that enjoys doing them to do it for me. This opens time for me to do the things that bring me joy. There is No shame in letting things go.

I can choose to say yes or no. It is empowering once you know the choice is really yours.

Releasing the have to, must dos, should haves, and could haves and replacing it with “GET TO”, is truly transformational.

This is an inside job. It is how you feel about your life. The words we use become who we are. I choose Happy.

LOVING: Loving actions are done with great enjoyment and care.

Do you love what you do? I love what I do. There is a passion that burns within me that compels me to be The Crisis Planner and the creator of The Science Labs. I love solving problems and creating solutions that others can use.



So much of what I create is born out of a love for others. I love seeing a frown turn into a smile. I love creating memories with a friend or family member. I love helping in my community.

Loving is giving of yourself without expectation. It is giving freely from the heart. When you are committed to give of yourself in a loving manner wonderful things come your way.

You smile at someone, and they smile back at you. You say something nice to the grocery clerk that tells them that you see them. You thank someone and they are surprised. You donate to a cause that touches you, your family, or your heart.

You believe in someone more than they believe in themselves. You help someone open the “gift” that makes them special, releasing their confidence and setting them on their path of success.

Loving yourself and others freely is essential to leading a Legendary life.

LEGACY: anything handed down from, or as from, an ancestor.

I keep asking myself, what is the evidence that I was ever here? For many it is children and grandchildren that are the legacy of your existence. As for me I do not have children. Legacy is how I will be remembered



Will my legacy be the books I've written? Will my legacy be in the lives I've touched? Will I be remembered as a teacher? Thinker? Visionary? Will people still remember me when I'm gone?

How will they remember me? Will they think of me as a leader? Adventurer? Creator? Inspiration?

Will my vision touch one other person or impact the world? How can I make it so?

There is a legacy in the stories I tell. Why am I sharing that story? What is the lesson I am communicating? How will my stories be retold over time? That is what legends are made of. That is legacy.

Without legacy you cannot truly be Legendary.

As we begin the new year, I invite you to think about what your intentions and goals are for 2023.

Only you can determine that.

- ❖ What is the word that will define and guide you to having the best year of your life?
- ❖ Once you choose your word, what does it mean to you?
- ❖ What are the key components of living that word every day, to achieve your goals?
- ❖ Where does that word lead you in your life's journey?

Spend some time thinking about where you are and where you want to be at the end of 2023.

Then live every day as if it already is as you wish it to be.

Happy New Year!