

Motivational Moments: Inspired by Maya Angelou

Written by Penny Jones-Richardson
Tuesday, 10 June 2014 15:35



This past week has been very emotional for me and for a lot of other people. The passing of Dr. Maya Angelou touched my heart just as her many works touched me in the past. I like to say that it is because of my relationship with Dr. Angelou's work that I found the true meaning of what I was called to do. I would read her words and imagine that she was writing just for me.

With her writings, Dr. Angelou was able to share a part of herself that not many of us are able to do. She was told that she would be a great speaker and teacher one day so she adjusted her life to do just that. How many of us find ourselves adjusting our lives to prepare for greatness? Have you become the person that someone said you would be? Maya had someone in her life telling her that she was going to be great, but do you have someone telling you the opposite? Well if no one ever told you before, I want you to know, "YOU ARE GOING TO DO GREAT THINGS IN YOUR LIFE!"

I know a lot of people who were told negative things as a child. Some of those things defined and shaped the outcomes of their lives. Some of them used those negative things to change their lives and become and do astonishing things.

Remember what we think of ourselves is who we become. This is another lesson that I have learned along my journey. I like to share this always with the women who I encounter in my Life Coaching practice. Our thoughts shape and mold us and can determine what road we take to achieve our goals. If you believe that any goal you set for yourself is possible, then you will be a success. Success starts with you believing that you can be a success. No matter what happened in your life, you can move on and do amazing things!

I heard someone say once that she never believed that she could become the person that she is today. She grew up in such negativity and despair that she became the adult that she saw as a child. She became a negative young adult full of disrespect and hatred. She had to work hard to find a different way of life, but always knew in her heart that this life was possible. The lesson that she learned is this:

"When you know better, you do better." Dr. Maya Angelou.

And as always, stay focused, stay determined, and keep striving for greatness.

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