



*“If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment.”*

~ Marcus Aurelius (121-180)

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**Power and freedom in a nutshell!** Owning our ‘estimate’ of the events and actions in our lives, and realizing that we really do have the freedom to change our own estimate in any given moment, is a delightful awakening.

What do you call the most difficult thing you are dealing with right now? Do you call it a problem or a challenge?

Even heartbreaking losses have gifts to give us if we’re willing to learn. It’s not always easy to find them, but they are always there.

When you are accountable for your ‘estimates,’ you **move with power and vitality**; you have a clear vision of what you want to create in your life and are not stifled by fear of making mistakes.

Instead, you **look forward to learning**. You are in the driver’s seat of your life with your hands firmly on the steering wheel and feet on the pedals. Yeah, anyone?

When you **choose and own your perceptions, you are free** to walk away from being a victim of circumstance.

Is there a perception you have, an ‘estimation’ of something, that you can re-think or re-‘estimate’ today?

Go for it and see what’s available right here, right now, from another perspective.