

5 Questions I Most Liked To Be Asked

INSPIRED
BY
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1. What do I believe is my greatest gift and why?

- I believe being born with Cerebral Palsy is my greatest gift.
- It has affected my mobility, relationships most importantly given me a unique perception of the world.
- I have learned many powerful lessons along the way which have set me up for success.

2. Will you tell me a little about how your disability has shaped your perspective of life?

- It's simple - Being alive is a privilege.
- Freedom to move is a privilege.
- There are no second chances at yesterday – do something meaningful - the time is NOW!
- There's only 1 you – be the best you, you can be.

3. What is the #1 key to facing any obstacle?

- Remember we always have a choice in how we respond – we can be paralyzed by obstacles or we can be empowered by them.
- To live your best life, you want to embrace obstacles and realise that all challenges exist for growth and learning, they can serve to bring out the best in us and make us better versions of ourself. Obstacles can be our greatest gifts – If we recognize the opportunity inside the challenge, seize the moment and move forward.

4. What do I feel is the purpose or lesson behind our obstacles?

- Obstacles always gives us greater connection with others and with ourselves.
- You make a difference - Show up fully and share your gifts.
- We need to connect with others to over come obstacles because we have not yet developed the qualities within ourselves to do it alone.
- If there were no obstacles, there would be less connections, and no motivation to improve and the world would stagnate.

5. What is my purpose or mission?

- I have clients from all over the world. My mission is to create a global community of support to teach people to embrace their obstacles and find the joy.
- The power of the group is stronger than we are as individuals.
- We are all much stronger when we are moving the world together.