



It is not uncommon for me to receive emails from people telling me they have fallen off the wagon or wandered off track and are either back on track again or struggling to get on track.

I received an email this morning that made me smile. They wrote: [It is] **“So easy to forget the feeling of greatness when drinking my protein.”**

**The feeling of greatness...** Yes! What a wonderful way to describe it. It is the feeling of lightness and greatness and all other good feelings that come with it when we look after our whole person – body, mind and soul - that also create feelings of satisfaction. This is what I believe is the great quest of life – to feel satisfied, content. According to the dictionary on Google, content means to be “in a state of peaceful happiness”. Being peacefully happy has nothing to do with what is going on in the world or around us. It has everything to do with what is going on inside of us. Our world will never be perfect. If our goal is to create a perfect world so we can be at peace, we are never going to achieve that goal. If, however, we can be the calm in the midst of the storm – now we will have achieved something – lightness, greatness, happiness, peacefulness and every other emotion we are privileged to experience as a human being.

The exciting thing about getting off track is doing it often. The more often you get off track, the more opportunities you have to get back on track. The more often you do it, the better you get at it. Before long, you will be getting on track just as quickly as you get off track. In time, it will no longer feel like you are falling off track. You may look over your shoulder from time to time, but it is a lot easier to simply turn your head and start looking forward again than it is to pick yourself up off the ground.

Thank you to the individual who provided the inspiration for this email. You know who you are, and you are brilliant!

Be great today!