



Guide 4

GREATNESS

A letter for you...

I heard that Oprah knew from the time she was a small girl that she was destined for greatness.

When I heard that it made me cry because when I was a little girl I got the same message, but I didn't do anything about it.

I actually have had a lot of successes in my life and have accomplished a lot. Two degrees, multiple credentials, and I have reached many milestones and I have done things my friends tell me they are amazed by. But I always feel like the thing I am meant to do hasn't happened yet.

That desire in my heart, that calling that I yearn to fulfill, I believe that is inside all of us and whether we voice that big, deep dream or not, we know it's there and we want to make it happen (even if it scares us).

We get caught up in the circumstances of our lives that make it hard for us to follow through and to do what we know we are meant to do. Not only do we believe we CAN'T do it, we struggle to stay motivated and on task.

Or maybe we lack clarity and we don't know what we're meant to do which makes progress even more challenging. Some of us are afraid to tell anybody, to share our hopes and dreams, because we think they will tell us our idea is silly or that they won't understand our vision or won't support us in our efforts.

BUT WE DON'T WANT THE DREAM TO DIE.

Everyone of us experiences ups and downs in life, I've had my fair share of both challenges and success. Truth be told, I would say my life has been very good. 5 years ago I was sitting in a place where I thought that "good" was enough. I had met some of my life goals already and I knew I could continue on as is and be happy right where I was. Settling for a life half-lived or that I would eventually regret just didn't feel right.

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There was a heart nudge that there was still more that I could do in my life, that there was a purpose bigger than “good” - that I could push and have “great” and beyond.

This spurred me to believe that I could live a life that was greater than I had even imagined.

Soon I was introduced to a lifestyle framework, where one of the key mantras is “You are designed by God for greatness and a purpose.” I decided to embrace that concept and discover my greatness.

Now I am a certified life coach teaching the 7 F’s of Oola and helping people to balance and grow in the key areas of life. I am also a G.R.E.A.T. guide; someone who supports those on a journey from a life that is good (or worse) to a great life focused on making progress towards living the life of their dreams.

Let’s Get Started,

Coach Tina

CONTACT INFO:

Website: tinagering.com

Phone: 405-315-6062

Email: hello@tinagering.com

Facebook: [Coach Tina - Designed for Greatness and A Purpose](#)

Linkedin: [Tina Gering](#)

IG: [@life.coachtina](#)



The 4 Phase Model

This **Guide 4 Greatness** covers four distinct phases:
Start, Learn, Grow, and Share.

*"Success is the process of learning, sharing and growing."
Denis Waitley author of the book Seeds of Greatness.*

Phase 1 - START:

The first phase is believing that there is greatness within you and starting the journey to transform into that purest version of yourself.

Many people these days seem dormant, living life like a dried-up seed that hasn't been planted. We're waiting for something to spur us into action so we can follow our true path, grow, and develop what we were born to accomplish.

Are you ready to get started? _____

Once you know you are ready to commit, write this sentence below:

I, (insert full name), am ready to start the journey to transform into the best possible version of me .

Phase 2 - LEARN:

What is greatness? I define greatness as the special quality within each of us that makes us unique. I think it's our responsibility to acknowledge our greatness and when we do so, we inspire others to do the same.

What is your term for greatness?

We might use different words but I assure you the end result is very similar!

Greatness isn't really a destination, it's more of a process, sort of like becoming an adult. It isn't the same for everybody and people can be at different stages of development.

Some of us don't know our greatness, or we have forgotten what makes us special. Or, we have kept our greatness hidden for so long we are afraid to share our authentic gifts with others.

It might take some reflection on your part to discover your greatness, regardless of whether this process is hard or easy, it is necessary for you in order to embrace this identity.

How would you define your greatness?

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What are you doing now to master this talent, skill or ability?

What sort of information or training are you currently taking in that supports your unique gift?

Have you reached the highest level possible in what you do? Why not?

Phase 3 - GROW:

Once you have an awareness of your greatness and commit to living a life in alignment with your purpose, you will begin to experience transformation, breakthroughs and growth.

This can be a time of trial and error for many people and can be discouraging to some when failure occurs or unexpected circumstances arise that derail your efforts.

A determined nature will ride these storms and eventually continued change will be inevitable.

You need to access what stage of development you are in currently. Your season of life also needs to be taken into consideration.

What stage of growth shown below seems most like where you currently are?



Seed



Established Plant



Seedling



Plant with Flowers

Evaluate the resources you have at hand, which ones are supporting your growth, which ones are stunting you, which ones do you need?

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In what ways might you be confined or restricted in your growth right now?

When all the components in your life are in balance it is possible to experience outstanding growth, and everyone will be able to visually see that you are thriving.

If you are thriving, what are you doing with that special energy/resource you are creating?

If you are not, what special energy do you think you would have access to if you were in perfect alignment with the person you are meant to be and fully engaged in your life's purpose?

Phase 4 - SHARE:

At a certain point in your journey you will realize that God gave you your gift of greatness for a reason. Ask yourself if you are amplifying that purpose. Are you contributing with the use of your gifts out into the world?

What are you putting out into the world? Are people being inspired by your light?

What are the ways you are choosing to share your greatness with others?

Who are you being lead to share with?

Your Insights

Caring for your Garden of Greatness

Sign up for the SOW GREAT Course.....

You can be in any of the phases of Greatness, in fact your life will probably ebb and flow with time spent in all of them. It is possible that you are on a continuous cycle between the different phases, not unlike the life cycle of a plant or a flower.

Greatness is within you, it is the piece of God that resides in us that connects us to our purpose. We have all of what we need within us. So how are we sharing that with the world?



Please join this online course experience designed to assist you in learning, growing and sharing your greatness.

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