

# DISABILITY

## *What's your disability?*

We all have a disability or two or three.

We can all have a pity party for our disabilities, comparing ourselves to others. We can feel lesser, and we can feel small. If it weren't for this disability, why I could.....

Do you allow your disability to be your life, to define your life, or to limit your life? If so, stop, stop right now.

A disability is an opportunity in disguise. Disabilities make us stronger and better. They teach us life lessons and allow us to teach others and to be role models for others.

Who do you admire? I bet there are one or more people you admire, not because of their disability, but because of what they have done with their lives in spite of their disability. They are heroes and great role models for many of us. We admire them and we aspire to be like them.

What disability, what limitation, do you have and what is the opportunity associated with it. How can you learn and grow from it and use it to teach others? How is it an asset to be appreciated and honored?

What are the strengths that you have that counterbalance the disability? What are the things you can do, that you can do better than most? How much time does your disability provide you to do other things.

Focus not on the disability, but focus on the opportunity, the chance, and the possibilities that are open to you. You'll find life to be an exciting adventure.

Disabled people who go on to do and be are wonderful role models for all of us. We have the opportunity to see how fortunate we are and to see how far people can go who may have challenges we don't have. Doesn't that make you wonder why, at times, you don't do more?

Perhaps we should strike the word disability from our vocabulary. We can replace it with opportunity. We can realize we all have certain strengths and we should all play to our strengths and unique abilities. Let's focus on the positive, on what we can do, and on what we can be.

I am not going to worry about the fact I will not be an Olympian nor will I create a company as successful as Apple. I am not even going to worry that I can't throw a baseball very far. We all have a lot of things we can't do, or can't do well.

Let's do what we are good at. Let's do what our skills allow us to do and do them to the best of our abilities. Let's allow our disabilities propel us to do our best with what we have. We can do it. Opportunity is the excitement, the challenge, and the wonder of life itself.