



Pause With Purpose

...to refresh

...to grow

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Limits: Gifts for Greatness

Private property, no trespassing.
Emergency exit only. Do not enter.
No cell phones allowed. Do not
touch. Maximum/minimum speed.
Members only. Keep off the grass.

Had enough? Oh, there's much
more! We haven't even mentioned
"You'll never be able to do it because
you're not smart/strong/ talented/
attractive/ rich/young/etc. enough."

LIMITS! Most of us, especially in
our western culture, resent limits. We
resist them, seeing them as challenges
to our freedom and needless barriers
to our fulfillment.

Yet, most of us as parents place
limits on our own children. We teach
and reinforce limits. "No sugar after
6 pm." "You can take only one." "No
running in the house." "No hitting."
"No phone calls after 9 pm." Sound
familiar?

For some reason, most of us see
limits on children as acceptable, even
necessary, but we react negatively to
them when they apply to us as adults.
I suspect it has something to do with
feeling controlled and treated like a
child.

It might seem confusing, then, to
describe limits as "gifts." So, let's
pause for a few minutes and consider a

fresh perspective on limits that might
just alter our opinion of them.

To do this, let's look at the kite and
explore what it reveals to us about
limits. Consider, for example:

1) Though kites are constructed in
different shapes from varied materials,
they have a sole purpose - to fly. They
are not meant to plow a field or chop
down a tree ... simply to catch the wind
and fly. It's what makes a kite a kite.
Their limits help shape their identity.

2) Not all kites are designed to fly the
same way. Some fly high with grace;
some fly near the ground with speed
and agility. Each kite flies according to
(is limited by) its design, and its design is
determined by the kite maker.

3) In order to fly, a kite must be held
back. Without the cord limiting its
flight, it can't even get off the ground.
And should the grounding cord break
during flight, the kite suddenly crashes
to the ground or drifts off aimlessly with
the prevailing wind like airborne waste.

4) Kites are at their best when the
wind is within a limited range. Too
much wind, and the kites becomes
overly reactive and risk breaking. Too
little wind, and they can't get airborne.

5) Kite flying becomes difficult, even
dangerous, when done in the wrong
setting. Power lines, trees, airports, and
roadways all present hazards that can
lead to disaster. Kite flying is best when
limited to open spaces like fields.

How does this apply to us?

1) Limits define who we are and
shape our identity. They grow from our
values and moral beliefs, and reflect
the unique qualities and character that
define who and whose we are.

2) While we are all created with a
common purpose (to do good works
and worship our God), each of us is
designed to do so in our own unique
way. Our "design limits" free us to be
real and true to our gifts and style.

3) Our identity and character show
their real beauty when we interact with
someone with a different, opposing
character. Our limits help define and
explain the contrast evident between
the two characters. Brightness shows
well against darkness.

4) We best exercise the greatness
built within us when we gather a
supportive community around us, limit
our contact with those who are toxic to
us, and focus our energies on areas
where we can best use our gifts in
healthy ways.

5) Healthy, robust personal limits
protect us from wandering into
unhealthy areas and activities where, in
weakness, neediness, or fear, we harm
others and our self.

Limits, then, rather than being
unnecessary boundaries that minimize
us, are actually gifts that protect us and
allow us to reveal the greatness created
within us. How excellent!



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CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work.

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Spirituality and Limits

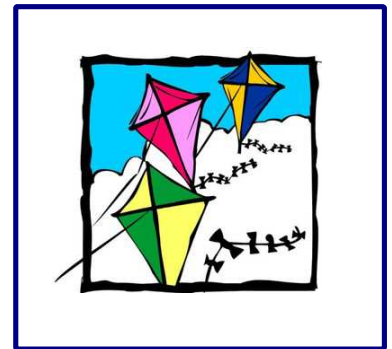
If we are honest, we all know what a disaster we would be if we lived a life with no limits. We are so often inclined to be excessive, destructive, dishonest, prideful, hurtful, and self-centered. Fortunately, by the grace of God, His Spirit within us can limit the power of evil in our life and draws us into a love relationship with our Creator God. Within this relationship, we are given a new identity with values and morals that recognize limits designed to protect us, enhance us, and glorify our God.

These limits set us apart from those in society who seem determined to ride their freedom and life's opportunities all the way to destruction.

To avoid this calamity, it is vital that we claim our new identity, own its values, and consciously choose to respect its limits. Since we are designed to function best within these limits, they create an ideal setting to display our God-glorifying greatness.

Life limits - given to us by a loving God; designed to optimize our life and glorify His name.

What a gift!



"Even the best blood needs the limits of vessels and arteries to realize it's life giving potential."

- JVR