

## **Find success with your inner tiger**

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This morning I put on my red shirt with the gold “Tiger” decal and almost pounced on my theme for this chapter. BE A TIGER.

Silly maybe, but the notion made me smile. And for me, smiling is the acid test for finding some element of truth. All kinds of images fast-forwarded through my mind. Tony the Tiger of Frosted Flakes, my favorite childhood cereal, followed by the Lion King, Tarzan the Lord of the Jungle, Elsa the Born Free Lioness, then Tiger Woods.

Now what do these tigers and lions have in common? Success. Tony the Tiger was Grrreat, sweet-tempered and made a ton of money for Kellogg’s cereal. In spite of great obstacles, the Lion King, Elsa, Tarzan and Tiger Woods, became champions. Perhaps they all had parents who taught them they could achieve their life dreams or perhaps they were just plain fortunate enough to learn the lesson of listening to their inner wisdom to find their strength and talents.

What inner strengths come to mind when you think of a tiger? Here’s my list:

- Powerful
- Focused, no wasted energy or time being frivolous
- Present-focused
- Judiciousness
- Leading by example
- Perseverance
- Patience
- Eating only when hungry
- Nurturing of young cubs
- Silent and observant much of the time
- Self-respecting

Of course, I haven’t exhausted all the positive tiger traits; please feel free to add your own. And I like to forget that much respect for tigers is generated by fear. Still I do like some of my tiger traits. Other tiger traits I will probably never possess, much as I admire them. After all I’m not a tiger.

What are your tiger traits? If you don’t want to be a tiger, think of another animal that matches your temperament better (or the shirt you have on today). Take a moment and list those animal traits on a sheet of paper.

Now reflect on the animal traits you chose. Which traits make you smile as you apply them to yourself? I think there’s some truth that you are many of those traits. Furthermore, the more you use those traits in your daily interactions, the more value you

add to yourself and others. Whatever value we add to the world comes back to us...you know the old reap what you sow adage. What we focus on, what we believe, what we put words to is a reflection of our inner character. In this way we create our lifestyle. Now don't you want the perfect lifestyle? Listen to your inner wisdom to find your best path. If we use our best traits, animal or not, we will be successful. We can't be Tiger Woods, but we can be our perfect selves.

By the way, I've been told Tiger Woods has a life coach. Grrreat!