

### **You Have More to Give Than You Think**

At the age of 30 years, my life changed in a powerful way. Most of the time, the only way we change is to hear something new or in a more impactful way than ever before. A particular message grabs our soul and we view life differently from that point on. After turning 30, I met a phenomenal woman who mentored me for three years straight. She poured her life into me. Her husband was part of the process also but her kindred spirit really spoke to me. From that time, I look at my personal and professional life differently. I have a wider range of spiritual insights that have broadened my heart to see God's love and His plan. She taught me balance in my physical and mental life. You may ask, "Sharleen, name one insight this friend told you?" I could list many ideas, concepts and passages. But this list would not be complete. I cannot put everything into words. It was a greater overall impact that altered my perception of life, even today.

I have over three young women I now mentor/disciple/coach. Our connections go deep and are similar to my experience with a mentor. We discuss all aspects of life - physical, mental, spiritual and social. They have told me on more than one occasion how much our time impacts their lives. I see them grow. I see them prosper. I see them live life more than before. I experience their happiness and sorrows. We will be there for each other.

Recently, I talked to my mentor from years ago. Just a phone call reconnects us as if a day has never passed. We talked about how the friendship was special and not of this world. She hears me. I hear her. Do you know what I mean? I trust her and hear her. She can give me insights about my life without me speaking.

Why do I spend the time, energy and emotions with these younger ladies? First and foremost, I believe that lives crossed for a purpose higher than this life affords. Second, I truly care about what they are facing – challenges and successes. Third, mentoring is a way to give to others what I have been fortunate enough to learn and walk through. Mentoring is not for busy people and cowards. It takes time and energy. We may meet for lunch or go on a walk once a week or twice a month. We may talk two or three times a week, if needed. In fact, we do things that I would be doing anyway but I use the time to mentor others. The younger person is not the only one that benefits. The mentor benefits also. In fact, the rewards are too many to mention.

What about you? Has anyone ever impacted your life for the better? Perhaps it is time to “pass it on.” I can hear you now, saying, “I don’t have anything to offer?’ That is where you are misled.” You have so much to give. Dear friend, there are so many people needing your assistance, your knowledge, and, at times, your heart. There are people with a similarly situated “story” to yours. You are just the person to help them navigate a tough time, grow into their experiences and move into success. What does it take? Open your mind. Open your heart.

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