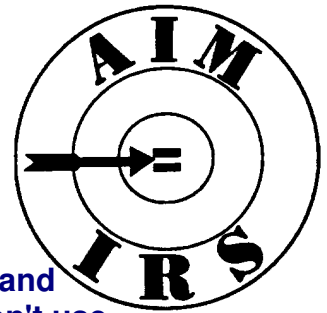


Mental Bench Press  
09.09.09  
*Farming Greatness*



**"God gives everyone certain attributes, characteristics, talents, and then He says, "If you use what you have I'll increase it, but if you don't use it, you'll lose it." Use it or lose it; it's a law."**

-- Charlie "Tremendous" Jones

There are certain things in life (I will call them laws or principles) that just are. We are familiar with the Law of Gravity. Regardless if you believe it or not. Regardless of which side of the scientific arguments you are on, gravity is. The law above is commonly known as the Law of Sowing & Reaping. When you plant or sow enough seed, you will reap a harvest, growth or increase. It is a law.

I want you to know that you are talented beyond measure. Let me say that again. You have so much talent within you, it is amazing. You have to know this and do something about it. Imagine this. If you are guaranteed to succeed, what would you set out to do? (Legally, of course. :- ) ) Within you are seeds of greatness. These seeds are disguised as talents, passions, interests, etc. In order to manifest this greatness, you have to 'till the soil', plant the seed, fertilize it, water it. And ultimately the harvest will be seen.

### **Till the Soil**

This requires introspection. What are the things that excite you? What talents do you have that you would use them consistently, even if you didn't get paid for it.? What would you work hard at to achieve your goals. What things do you have to break through to get to the productive aspects in your life? What weeds choke out the energy in your life? All of these questions, and more, are necessary to sort through to get yourself ready for sowing seed.

### **Plant the Seed**

Once you figure out the areas that you want to cultivate, plant the right seeds. It is impossible to plant one seed and expect a huge harvest. It is also impossible to plant seeds of one type and get a harvest of another. Said in a different way, you can't plant tomato seeds and get an apple tree. Set achievable goals. Develop action plans for those goals.

### **Fertilize & Water the Seed**

The way you fertilize is by learning more about the best way to use your talents. Add appropriate activities that allow you to develop those talents. Let others know what you are embarking on so they can help keep you on track through motivation, support, etc.

### **Harvest Time**

Keep learning, doing and adjusting until the harvest comes. So many people give up or quit before the harvest is seen. Does it make sense to do all the preparation to then walk away? **Harvest is not determined by your timing.** The only things that you can control is what you do and how you look at what you do. I've heard it said that we can only control our activity and attitude. If you keep those consistent, the harvest will come in due season. Then others will see the greatness that you were destined for.

Live in your destiny of greatness.

*James E. Kent II*

Cincinnati Service Center  
Accounts Management  
Ops1, Dept 3, Tm B302

*Strengthen your mind and you'll have a powerfully fulfilling life.*