**“I feel great.”**

These were the words that the NBA league star Pete Maravich, ‘Pistol’ as he was nicknamed, uttered as he collapsed and died on the court of a pickup game. A heart attack killed him and he was only 40.

An autopsy revealed that Pistol Pete was born with an undiagnosed congenital heart defect that normally kills its victims by age 20 and he had lived an additional 20 years.

In playing a sport that is very physically demanding and very athletic despite a heart that was half blocked, his astonishing career became even more notable in death. And he passed away feeling great!!

It is not so much about the grim reality and inevitable end that we all must face, but the words that Pete uttered that make one introspect as to what we must feel at all times.

**“I feel great.”**

If we can’t feel or say this often about ourselves at any given point in time, then there is a course correction needed somewhere. Something needs to change that will evoke that feeling of elation within. And this could be in any space and sphere of one’s life -personal, professional, with friends, with family, even with our own selves.

Look back at your life and retrospect. What did you do or could have done that would have added true joy and a feeling of peace, calmness and tranquillity. The important thing here is identifying with the feeling within. So many of us are going on living our lives, doing our chores feeling exhausted, worried, and overwhelmed. **Stop it**.. stop it if you do not have your soul into it... whatever it is that you are doing.

When the soul is the giver of energy and permeates everything that we do — there is ease and effortless flow. Things feel good and they feel right.

Sadly and unfortunately we live our lives by standards and rules set by others and wonder why we are so unhappy. Outside influences force us to keep up, compete, and measure ourselves to others. This kind of living is a testament that even though some of us might have achieved great things in life -- misery is still sitting at our dinner table. Despite having achieved our goals and objectives, the soul is left unfulfilled and therefore the achievements are not imbued with the soul’s light. It all feels empty. Rather than investigating this state of being, we tend to rush off to the next goal that might give us that sense... that feeling of fulfilment.

Now mind you, we all need to take certain actions in the world to get things done. I am not in any way saying passivity is a good thing - what I am saying is that we need to learn to distinguish between things that compels us to act, push the envelope as is said… and the accomplishments that we should’ve been waiting upon our soul to inspire our course of action.

For many of you who have built castles in the air, your work need not be lost; that is where they should be. Now is the time to put the foundations under them. If there is something that you could change today, what would it be? If there is some action that needs to be taken today, what will it be? And then let your soul, your innermost feeling be the guide and compass as you set out to execute your plans. If you do not feel great... you need to stop, get quiet and wait upon the whisperings of the soul to spur and guide you on and that will enrich you beyond measure.

In the 1989 movie ‘Dead Poets Society’, Robin Williams, famously says: **Carpe diem**. Carpe diem means to seize the day... [Seize the opportunities](https://www.thoughtco.com/inspirational-new-year-quotes-2832872) and change your life... [Fight your fears](https://www.thoughtco.com/quotes-of-courage-2832241)... Charge forward... Take the plunge... Take the world by storm... Nothing is ever achieved by holding back. It is courage my dear friends that counts.

Courage is doing what you're afraid to do... There can be no courage unless you're scared... It is ok to be scared... just don’t live there.. All your aspirations can come true - if you have the courage to pursue them. What lies behind us and what lies before us are tiny matters compared to what lies within us. Explore it... delve into it... Romance it... And then as said by Thomas Edison, if we did the things we are passionate about, we would astound ourselves...

And what astounds us should not be anything less than what makes us feel magnificent and glorious and accomplished.

You know you are on the right track when you can stand and play like Pistol did ready to collapse any time, any day with a smile on your lips and a song in your heart and you can leave the world saying... **“I feel great”**

**TM Shagufta Patel**

A People Development Specialist, Shagufta is a Certified Image Advisor, mBIT & Success Coach, NLP Enthusiast, Sleep Talk Practitioner and a Consulting Hypnotist.  
With a firm belief that life does not get better by chance, it gets better by focused change; she follows her passion & love for coaching to ‘spark a transformation’ to the people she works with and help them live a life led to the fullest.