

The Power of One is Amazing!

Whenever I hear the “The Power of One” phrase, one of the first things I think of is that is of a well-known person in the world that exemplifies whole heartedly this concept. I am sure that you will agree, and that person is Nelson Mandella. What an impact he made for good on his country as well as the world. He spent 27 years in prison on Robben Island in jail standing up for his convictions. In 1993 he even won the Nobel Peace prize for dismantling apartheid. In 1994 he became the first democratically elected South African President.

The power of one individual! Do you think he made a difference? Absolutely! Big Time!

I also think of a person in sports who made a difference. He truly exemplified the spirit and “The Power of One”. It happened in 2010 at the Vancouver Olympic games. You may well remember how thrilled we were at the time as Canadians when we saw this athlete win our first ever gold medal on Canadian soil. That free style skier was Andre Bilodeau. Canadians were ecstatic. The Power of one!

Can one person make a difference? We all have a huge impact every day in the words we speak as well as our actions for either good or ill. Do you remember the old saying, “actions speak louder than words?” Well both speak volumes.

We all have the ability to make an impact in where we are and what we do. We don’t always realize the impact that we really have.

The power of one is in each of us. Sure, we all can’t be Nelson Mandella or Andre Bilodeau but we all can have an impact on others around us and our environment. Individually we do make a difference.

As we create a positive atmosphere of respect, support, encouragement and appreciation, our potential is limitless, if we all pull in the same direction.

Our positive, passionate attitude and enthusiasm for what we do can and will make a huge difference. The spark that ignites our potential is drawn from the limitless Power of One!