

# Your Three Greatest

by Greg Mooers

A recent survey in which American's in their 80's and 90's were asked, "If you could do life over again what would you do differently?" revealed the following top three regrets:

- 1) I would have taken more RISK
- 2) I would have said "I LOVE YOU." more
- 3) I would leave behind something of LASTING VALUE

If you're like most people, reading those three was like a slap in the face with fear for desert – because you're wondering if you are in the same boat with these soon-to-be-absent folk. Risk, Love & Legacy define the life of heroes. During my eight years as a monk, I meditated and introspected on the meaning of my life on a daily basis so I would not share these same regrets.

If regrets are fears reaching backwards, what about our current fears? A study was done in which hundreds of Americans were asked about their greatest fears. The top 3 greatest human fears are (in order):

- 1) Public Speaking or Humiliation
- 2) Peer Rejection
- 3) Untimely Death

Amazing, death finished third! So, denial IS a river in Egypt! Yet, it's understandable. While few can confront the probability of their own death, the prospect of standing in front of a large group is uncomfortably real. Even more interesting, fear number one is directly related to fear number two. As long as we are looking for approval and validation from anyone outside ourselves, we are at the mercy of how many people? The good news is that such familiar fears lessen greatly with the blessing of advancing age. A client once confided, "I was 40 years old before I walked into a party, and asked myself, "What do I think of these people?" instead of, "What do these people think of me?" What a great question!

If people are so clear on what they DON'T want, what DOES everyone want?

Here are the top 3 Greatest Human Wants:

- 1) Recognition
- 2) Change
- 3) Security

Note the fascinating relationship between our greatest fears and greatest wants. Talk about a set-up! We want recognition, but fear public speaking. We want change, but fear peer rejection. We want security, and fear even the thought of death. Such contradictions are positively Shakespearean in scope, and set the stage for the drama we define as life: The way to our greatest fears is through our greatest wants, and what's most embarrassing is the top 2 greatest fears aren't even dangerous.

A friend of mine has published his own personal dictionary, in which he profoundly redefines the words we most daily use. In his introduction, he explains how the original meaning of many words has drastically shifted from their original Greek and Latin roots. For instance, the word "heretic" originally meant "one who is able to choose", a departure from the hellfire definition from the middle ages. Over time, such "spin" occurs when we accept cultural definitions (defined by our "cult"). Even the word "normal" means to accept the "norms" of society, and may be far from "natural", which has its root in "nature".

Check this out — the word "person" comes from the Greek, and literally means, "to push sound" (suono) through one's "mask" (per). So, if someone describes you as a normal and highly cultivated person, what they are literally saying is, "You conform well to the 'norms' of your 'cult', and you are a great pumper of sound through your mask." Thus, even in our language, we are subconsciously "fitting-in", "playing the game" in our daily communication. Yet, such sell-outs come at a cost, as another recent study showed.

A few months ago, Time magazine ran a cover story about happiness. A survey was given to people in a number of countries,

and their happiness rating was measured against other nations, on a scale from 1-10. As one might guess, the happiest people were Caribbean, at 9.0, followed closely by the Brazilians at 8.8. No surprise, Russians and eastern Europeans were positively grim. So, how did Americans fare in this happy challenge? A ripping — 7.3! But it makes sense. Remember in school, 70 percent was a "C"... average. Not too high, not too low. Thus, we learned to be "normal"... until, in some cases, we can't take it any more!

When clients come to me, more often than not, they are in some form of transition. Whether their current issue is about career, relationship, or an inner search for personal identity, they've had it with being "normal" and they're ready to start living the "natural" life of a hero. As a monk, I studied the lives of people we call heroes — people who were willing to face great fears for the one they were willing worth dieing for, and so they left this earth without regrets. Here at LifeCamp we call that single unique meaningful thing Our Heart Virtue™, and developed a process for identifying it. Here are the three things these heroes all had in common: (I call them the 3 greatest skills).

- 1) KNOW THYSELF, what's most meaningful? what's my Heart Virtue™?
- 2) COMMUNICATE Beautifully and Powerfully where I stand.
- 3) Make a CONTRIBUTION, leave behind something of lasting value everywhere I go.

Greg Mooers is the author of "Our Hearts Virtue." His CD's, workbooks, and interactive website [www.Lifecamp.com](http://www.Lifecamp.com) are the core of a revolutionary process of self-discovery that have inspired Olympic gold-medalists and Academy award winners. Call Greg at 310-428-0400 to learn your heart virtue.

