

*“I couldn't enjoy my work if I walked to someone else's rhythm.”*



*Those are the words of Daniel Day-Lewis*

who was recently interviewed by the Actor's Studio about his life and his acting career. For those of you who don't know him, Daniel Day-Lewis is an esteemed actor who has won many awards. He is sought after to act in many films, but he is very selective on those "he" chooses to act in. Not because he doesn't want the work, but because he has only so much "time" in his life and allocating that "time" in the way he wants is important to him. He has worked to understand his own rhythm and then chosen activities that allow him to beat to it - to do what is "best" for him.

Every minute in hospitals throughout the world, a beautiful thing happens! A baby is born who coos, smiles and cries out to be fed! The miracle of life! As these infants grow, they are naturally adventurous, trying to "seize" life and take in all it has to offer. Somewhere along the way, however, rules and structure are imposed on the little one's search for understanding and knowledge. Some of those parameters are necessary to protect the child from harm. At other times they are imposed by well meaning teachers (in the broadest sense) who want these children to do things "their" way. For those parents out there whose children are grown, you know well that, in the long run, you cannot control the child's own life search. Children will always gravitate towards what is natural for them. It's in their core; it's part of who they are! When kids are able to "be" who they are early in life and explore their true identity with the help, discipline and guidance of their caregivers, they will learn their own rhythm rather than listening to one that belongs to another.

As time passes (all too rapidly), little ones grow to adulthood. As adults and leaders, it is up to each of us to find, and always nurture, that child within and resurrect the creativity, inquisitiveness and sense of wonder we had as a child! Golf, tennis, football, soccer... are all games of practice, timing, creativity, discipline and precision. So too is life - but it is YOUR life. Daniel Day-Lewis understands fully "his" goals and the rhythm of "his" life. The key to success in any venture is to be who we are and gravitate to the things we love to do while at the same time always respecting the differences in others --- all of which makes life magical and a special place to be!