

## The Diamond in the Rough



A diamond in the rough, is a characteristic of a person that lacks skills but might be motivated to being something far greater than what they think. The movie Aladdin was about a street rat, that changed his life around when he discovered the lamp.

Also, diamonds in the rough are diamonds that are uncut and completely unaltered by human hands.

Today, I want to discuss how we can become more than just a diamond in the rough. I have been researching pillars, 6 Sigma, 7 habits, and other guru gossip. Many of them have great ideas, however when it comes to abuse, there may be a few extra steps we need to take in order to gain control of our lives.

So I have created **Gamma 5**

(**G**aining **A**ilities thru **M**otivation **M**ethodology and **A**daptability)

Step 1 Gaining – to gain understanding of what and why we want something.

Step 2 Abilities – what is it we want to master or improve.

Step 3 Motivation – what motivates us to change who we are.

Step 4 Methodology – what habits or skills can we implement to achieve our goal(s).

Step 5 Adaptability – we need to be flexible when change or improvements are needed.

When it comes from surviving sexual abuse, we must first understand our pain. Meaning what symptoms are we exhibiting and looking for treatment via, counseling, meditation, journaling, or medications to assist with battling our demons.

To begin any venture, we need to know what and why we want to change ourselves. whether we are suffering from depression, anxiety or other mental health illnesses.

Even if there are no demons or illnesses, it is best to evaluate our reason(s) to want to change. Many times our vulnerability, is the reason to change.

Step 1 with "**Gaining**", we need to identify what it is we want to accomplish that coincides with our values and ethics. Taking this first step is vital to "us" wanting to make a change for the better.

The second step **abilities**, we need know our strengths and weaknesses and focus on what will benefit us. Also, it is possible that we need a team to assist along the way. Just because it is your dilemma doesn't mean that you are alone.

The third step, **motivation**, means we need to discover a way to continue our diligence and stick to our goals, whether it is creating a [vision board](#) of what we want. *A "board with images of things we want" is called a vision board; it's a collage of pictures, quotes, and symbols representing your dreams, goals, and desires in life, meant to inspire and motivate you to achieve them.* You can even write a detailed business plan, marketing plan, to do list, or a goal sheet. Whatever you believe will work best for you.

The fourth step, **methodology**, with methodology you will need to execute your plan and hold yourself and team accountable for their

actions. This will require a timeline for the milestones as well as small achievements you make. Be sure to celebrate your successes, no matter how small and keep adamant about keeping to your goals. If you find you or a team member struggling, make sure you provide the resources and will power to succeed.

Finally, **adaptability**, this one is crucial and many times overlooked. For instance, We need to learn to adapt as society changes. If we don't adapt, we remain stuck in the past...never moving forward.

I wish you the best in your endeavors, and remember we are here for you.

Prayers,

Mandie