

# Connected

Experiences (facts) do not have any inherent meaning in themselves.

~Brian Klemmer

## Meanings Created

The "M" in the MVP Experience is about the meanings we assign to different experiences that have helped shape our belief systems. Meanings are powerful, they either free you to do and become all that you can be, or they entangle and squish your true potential. Whether you know it or not, you have many meanings running right now even as you read this- you may be thinking that you have so much to do that you can not spend much time reading something like this Connection Note. The truth is you have meanings based on experiences that you have had around time and the value of time. We all have assigned meanings to time, they either work for you or they work against you.

Here is the cool thing with meanings- you create them! Rene Descarte said, "I Think therefore I am." In relation to that quote there is another saying- "To Think is to Create!" You and I have the ability to not only think, but to create as well. This is so true with the meanings we have created based on our life experiences. This is a huge step for most people because meanings are the driving force behind our direction in life, but to be aware of the meanings that are playing is the first step in the whole process of finding out what meanings you and I have and what ones work for us and which ones work against us from becoming the person we are meant to be!

In Friendship,

