

How to Make a Difference When You Can't

People ask if I miss public health — the scale, the impact. I used to want to save the world through grand transformation. Then I realised that without collective leadership, including self-leadership, it wouldn't work. We can each contribute something but a lot of the time we're overwhelmed or looking to an external leader.

Three questions, in order of usefulness

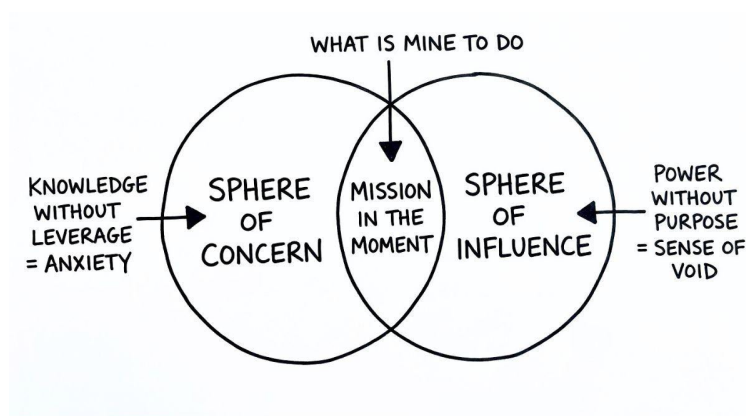
The paralysing question: *How do I do more, faster, without failing?*

A better question: *Can I do something, do more, or do it better?* (Professor Michael Marmot's question.)

A liberating question: What's mine to do, right now?

Your mission can be for a moment, a season, or a lifetime. The work is to keep updating your intentions as your understanding, capacity and the world itself keep changing. Bringing yesterday's grand ambitions to today's emergency is fruitless — and overwhelming.

The sweet spot



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Your mission in any moment can repeat itself — over a day, a season, a lifetime. It's not the mission you were handed (job, marriage, success, retirement), and it's not the rebellion against it. It feels both inspiring and grounding, specific, and entirely yours.

Your Turn

Take a few unhurried minutes. Write in fragments if that's what comes — this isn't for anyone else.

Where in your life does knowledge without leverage show up as anxiety?

e.g. Checking the news or scrolling social media too long.

Where does power without purpose show up as a sense of void?

e.g. Having time, energy, or resources used only for maintaining my status or consuming things I don't really need.

What's mine to do, right now — not for a lifetime, just now?

e.g. Send a proposal or application aligned with my values; organise a conversation on regenerative living for my family or organisation; set up a listening space for a community I'm part of.

What grand, yesterday's ambition might you need to let go of, to meet today powerfully?

e.g. That I need a big title to do what matters, be an activist before I take action, or be a professional speaker to write and speak publicly.

Pro tip: Your mission is what deeply energises you even if you feel a little anxious or uncertain.

Liberation Legends: We often have to let go of trying to save someone else's world to create a new one — a client stopped trying to save his father's business empire and built his own company on its social legacy; another client stopped trying to save her demanding boss, started asking hard questions, and started to be identified as his successor by the organisation — including himself.

*"If I am not for myself, who will be for me? And if I am only for myself, what am I?" —
Hillel*

You have unique notes to play in the great symphony of life.

Amina

P.S. Are you outgrowing an old identity and know it's time for a different path? Book a 30 minute call to explore how I can help and leave with a clearer sense of what's yours to do and the first step. [Book here.](#)