

The Life You Truly Want and Need

The life you truly want and need....

Helping smart people and organizations communicate and lead forward smarter, faster and happier is what I do best

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Imagine a happy workplace where everyone chooses to bring energy, passion, and a positive attitude to the job every day. Would this workplace create greater harmony, team spirit, innovation, satisfaction and economic abundance?

Imagine a happy home environment in which family members can appreciate each other and where unconditional love and acceptance are the hallmarks of the home. Would this home environment provide a haven of love, security and positive energy?

Imagine a happy life where you feel connected to your family, your work, your colleagues, your customers, your neighbors. Would this life fill you with meaning, motivation and satisfaction?

Imagine how you can start to create happiness at work, at home and in all your relationships? Where does happiness start? It starts with your imagination, your thoughts. It starts

with being a vigilant warrior dedicated to combating negativity, judgment, criticism and embracing an attitude of service.

No man/woman is an island onto himself/herself. It is our relationships with others, the quality of our social and personal intercourse that cements our happiness. We are not human doings, we are human beings. Until we reclaim our humanity, until we recognize that the seedbed of our energy lies in our connection to others we will suffer from a personal energy crisis that will attack our power, vitality, inspiration and innovation. Now more than ever amidst fierce competition in every industry, amidst societal change and chaos, amidst the breakdown of tradition and the emergence of a flat model of business, the relationships we create are a powerful vortex for personal and professional success, satisfaction and happiness

Personal and business relationships can only grow and thrive when they are built on service. Service can only be shared, be given to others when we rise above ego and ask not what we can get, but what we can give. Service provides value, and is also a value that distinguishes the weak from the chaff. Service is not for the weak hearted or the short sighted, but for the valiant, the victorious of spirit, who want to live each day, in every way, with joy and satisfaction. Service is a value that we seem to have forgotten, but it is part of our heart, our head and our soul. **It is the wonderful, endearing, soulful, successful part of being a human being and not simply a human doing.**

Spend the next 24 hours without the desire to receive for the self alone. Go against the flow and get happier. Try service on for size for just one day. Reach out to as many people as you can in service, in relationship. Value yourself, appreciate yourself for all that you can do to move forward today in service.

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and harvest YOUR potential to lead forward?**

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Something Good and Everything

Great

The Start of Something Good and Everything Great

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Companies that do not create true value for their employees, stakeholders and clients kill their power and they eventually wither and die. People who not create value in their life and the lives of others kill their spark of humanity; and in so doing they end up stewing in a pool of despair and regret that spreads into their emotional landscape until they are living in a land of perpetual discontent and malaise. True power has everything to do with the ability to focus on the greater good, and on creating value.

Sometimes life is so busy, and we are so consumed with doing, that we forget what we are doing it all for. Food was meant to make our body strong. Life is a gift to be lived to its fullest. Joy is the seedbed of our individual and collective power to embrace our talent and create positive change. Millions of people spend their intimate moments with a computer embracing virtual intimacy that is devoid of true connection. It is easy, it is fast, but does it really sustain our energy or our joy? Some of stay in jobs that compromise our value system or to not engage our purpose and

potential, not because we cannot find other work but because it is easier to stay with the devil we know than to move on and find a position that is in better alignment with our integrity...is it better? Most of us live in apartments or houses that our great great grandparents would have considered the lap of luxury and yet many of us have no real community and do not even know our next door neighbour. Our life has more material comforts, but lacks emotional connection and sometimes is not aligned with our personal values...is it better? Many of us are living faster but not truly better than ever before, because the human substance of our lives has been compromised. Life has become a game of pleasure du jour, and we have forgotten that the quest is to find meaning, value and happiness toujours.

If we do not engage our best self, do our best work and live our best life we create a bubble that will ultimately burst and plummet to the ground. And when we fall, we will fall head first. The material and/or social success we have acquired will not break our fall, because we have compromised the seedbed of our humanity. We have become hollow men and women. We have lost our joy and our power because our true self is not expressed. Our true purpose and real passion are silenced and our energy has weakened. We are out of alignment with our purpose, passion and values. The wheel of our life is out of sync.

Granted, it is hard to focus on the best when we live in a society that seems to applaud mediocrity, and makes headlines and news bylines out of the worst. It becomes more difficult still when our channels of entertainment reach out to the lowest common denominator of human focus. It is hard, but it is not impossible. There are growing numbers of people who are focused on a life and a career of meaning and value. They are taking back their power by opening the conduit between their heads and their hearts.

We can throw ourselves into the quicksand of negativity, envy,

jealousy by deciding to forget the power that we each possess to make a positive contribution, to do something of value. But at the other side of darkness there is always light. Light to recapture our power to create value and do good. Light to engage our best self, do our best work and live our best life.

Power to make positive, value centered, soul centered choices. Choices that will clear the fog of all that is wrong or the hail of militant mediocrity, greed or ego dominated choices that stand in the way of our living our best life.

Each small positive change that creates a ripple of value and integrity forms an ocean of hope and power for our self, our society and the world. If a butterfly in Tokyo can change the weather patterns in Los Angeles, what can our small actions each day, every way, have on our society and our world? What would our personal and professional landscape look like if just 50% of us started each day with the intention to engage our best self, do our best work and live our best life?

Each individual possesses the unique ability to make a positive difference. It is something that no one can ever take from you no matter how difficult your circumstances, because your power sits in your heart, your head and your soul. It is the core of your humanity; it is something that only YOU can touch, and direct if YOU focus not on what was, not on what will be, but on what is right now. Right now YOU have the power to take one small action that will help engage all that you can be and do. One positive small action every day is a great action that will beget other actions. **One small action that is the start of something good and everything great.**

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The Path To Success Is Clear

THE PATH IS CLEAR

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The path is clear. Our world is like a narrow bridge...a bridge that is wobbling under the strain of the same unrelenting need, greed and ego that has felled every fiefdom, empire and recently toppled once great corporations. And, today, in an era of where the technology and knowledge at our disposal are greater than ever

before, the World Health Organization forecasts that stress will be the major cause of disability by the year 2020. The war for talent is ongoing, and the human and financial costs and casualties of our epidemic of stress continue to skyrocket. We fight a silent war to reclaim the values, ignite the faith and engage the potential that can help us build better lives, better businesses and contribute to a better world at the speed of change.

The path is clear. The silent war we wage is eroding the quality of our lives, our workplaces, our leadership and adding to lives of quiet desperation that are so consumed with living faster and working harder than ever before that we forget that life is a gift to be cherished and savored.

We must start to clear the path, to build a new bridge to what can be by taking back the power that is found in expressing our unique potential; and the joy that is realized in embracing our values regardless of our circumstances. The very changes, challenges and even crucibles we face can help us create the best of times.

While many of us feel powerless, we are not! Because, the greatest power we possess lies in aligning the power of our heads with the strength of our hearts. The strength of one people, one human race sharing one planet. The power of re-discovering not what separates us, but the spiritual, emotional and physical glue that is our greatest individual and collective hope for the present and the future. A present and future where we can use the changes we face to realize the power and joy within and to heal, rebuild and restore our best selves, best work, and our best world.

One woman, one man, one values driven, heartfelt step at a time. The path is clear.

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