



DreamLift

a monthly newsletter from

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helping people create a happier, more passionate life!

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If You Want it, Give it!

One of the teachings of the Universal Law of Attraction is that whatever we send out comes back to us multiplied. I'm sure you've seen it happen for the negative. Do these situations sound familiar?

- You complain about someone being late to a meeting, and at the next three meetings you attend, it seems like each person is late!
- You feel irritated about an inconsiderate driver, and then suddenly every driver is inconsiderate!
- You recognize a type of client that you dislike, and suddenly all your clients seem to have that same characteristic.

You've proven to yourself all the ways negative thinking breeds more negative-seeming occurrences. So, can't we spin that knowledge the other direction?

If you want people to treat you more respectfully, give them more respect.

If you want to feel more joy in your life, help others to feel more joyful.

If you want to feel happier and more positive, help other people feel happier by giving more positive feedback. Your encouraging words and positive feedback helps others realize their full potential, and then turns around and comes right back to you.

Studies show that people who **give** a lot of positive message to others tend to experience less stress and overwhelm in their lives. Helping others feel better helps us feel better!

Playtime

I hope you'll follow through on this "assignment" - it's one I regularly give coaching clients who want to feel less stress and anxiety in their lives.

From today on, hold an intention of doling out "warm fuzzies" everywhere you go. Look for the positive aspects, behavior and attributes of people around you, and tell them what you like, what you admire, what you enjoy about them.

Give warm fuzzies generously - to your family, friends, co-workers, clients. Then, look for more opportunities. How about offering positive feedback to:

- The mail carrier
- The grocery clerk
- The barista
- The bank teller

Now, how about the people who seem like they make it harder for you to find a positive? Challenge yourself to give a positive comment to:

- Your challenging colleague
- The representative at the Department of Motor Vehicles
- Your health insurance provider's rep when you're filing a claim
- The bank teller to whom you have to explain an error
- The noisy next-door neighbor

And, notice.

What happens to that person when you give a warm fuzzy? How does that person respond to the positive comment? Can you actually see that person soften?

And, notice.

What happens to you when you give that positive feedback?

And, may I also say thank you. I appreciate that you subscribe to DreamLift! You are awesome!