



The Seven "Must Haves" for Turning an Ordinary Life Into an Extraordinary One!

1. **A sense of joy and happiness** about your life, even when things aren't going the way you would like. Knowing that every lesson is a gift for your growth.
2. **A sense of love** for yourself, others and the world you live in, can heal, transform, and create miracles you never ever thought possible. Love cures all.
3. **A sense of abundance** that has nothing to do with how much money or material possessions you have, but a knowing of your universal never ending supply.
4. **A sense of self-worth** that recognizes your true value and reinforces your own self-esteem. An unshakable respect and belief in who you are.
5. **A sense of good health** that starts with a mind-body-spirit connection and then carries through to a commitment to diet, exercise and heart work.
6. **A sense of gratitude** that never lets you forget how blessed you really are. An appreciation for all the gifts and assistance that never stop coming.
7. **A sense of making a difference** with your family and friends, associates and strangers. Living a life of doing thoughtful and random acts of kindness.



Seven Tips for Better Communication...

1. **Take responsibility for the other person's listening.** If you feel you are not being understood, try again. Say it in different ways until you are heard.
2. **Take responsibility for what you've heard.** Don't be committed to only your opinion, ask for clarity and repeat back your interpretation.
3. **Take responsibility for what you want to express** and what you want from the situation. Take a moment to be clear with your thoughts and then words.
4. **Align your values and intentions with your actions.** When you live your life from a sense of truth and integrity, you'll never have to fear any honest communication.
5. **Listen to the silence as much as the words.** We learn as much about others from the topics people aren't willing to talk about, as from what they are.
6. **Try to be as open to the criticism as to the validation.** Oftentimes we learn more about ourselves and others from the criticisms, than from the compliments.
7. **Be flexible and willing to re-think and re-group.** If you are in the middle of a discussion and your position changes, be woman enough to say so.