

“What is preventing me from doing this now?” Some tips are simpler and easier than others, better for one point in your life than another. You’ll see there are 52 tips, allowing you to focus on one each week if you’d like. You get to choose.

You were created as an original, on purpose for a purpose, not as a poor copy of someone else. Empower yourself! Live authentically! Simply live your life now!

Diane Blake



1 Smile genuinely. A smile reflects your inner person. Like a yawn, a smile can be contagious and affect your attitude and those around you.

2 Say thank you. Extend this common courtesy to anybody who shows you kindness or enhances your comfort or well-being. Offer your appreciation so the person knows you value their thoughtfulness.

3 Say please. Being gracious is different than begging someone to do something for you. It also softens the tone from sounding like you are snapping orders and expecting the person to then joyfully serve you.

4 Learn to say “no” in as many ways as possible. A thoughtful way to say “no” is to provide an alternative. That can be by suggesting someone else as a better match for a task or that you participate in only a portion of the request. Repeat your “no” in as many ways as possible and necessary.

5 Give generously, and where you can, help a friend in need. De-

CONTACT

info@DianeBlakeSpeaker.com

www.DianeBlakeSpeaker.com

917-743-8245

(Eastern time zone)