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## Choice Relationships: Choose to Celebrate Life!

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### My Personal Insights:



Sometimes in life our paths cross very special people who teach us valuable lessons. I was blessed to meet Renate who was full of positivity and brightness. Though our friendship was short lived, her lessons to me were extraordinary.

Renate was diagnosed with pancreatic cancer a year ago. Even in her process of dying, she

### Celebrate Life

Life is stressful and there are so many demands on each of you. Luckily, you take time out to mark the special occasions of life -- you celebrate babies being born and birthdays and weddings and anniversaries. It's wonderful to experience the joy at these moments and to share that joy with others. You make sure at these times to let others know you care. But why do you wait for specific celebrations rather than celebrate life in general, to celebrate the everyday beauty that surrounds you? Sure, there's just not enough time -- but that's the problem: there may not be enough time. How you live life is a choice.

### Choice Tips:

1. Each day remember to see the positive in your mate. The more you focus on the positive, the more you will see it. If you have trouble doing this, remember back to why you were first attracted to him or her. And, of course, in some way express this feeling to your partner.
2. Start to practice meditation. Aside from all the wonderful health benefits it has been proven to have, it will help you learn to "let go" of unimportant things or things you have no control over.
3. Even as you are rushing around, take a moment to stop and look at your surroundings -- you'd be surprised at how much you notice and all the beauty you can find at no cost.
4. Commit random acts of kindness. Studies have shown that people feel better when they act nicer and you'd be surprised at how much nicer people start acting to you.
5. Smile more often. First, if you smile your brain

maintained an uplifting attitude and grace. My friend passed recently and this newsletter is dedicated to her memory.

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reads your facial muscles and will put you in a more positive state. You are certainly more approachable than if you are scowling. And it is quite a connecting gesture to your significant other as they walk into the room.

6. Eat properly and exercise. When you take good care of your body, you feel better in general.
7. Each night, write down three things for which you are grateful -- they don't have to be big things (as a matter of fact, small things are better). This will help you get into the habit of accentuating the positive in your life. Having a positive outlook helps you have a healthier life.

#### **Additional Resources I Recommend:**

**A wonderful speech about appreciating life given by Quinlan at the Villanova graduation:**

<http://courses.cs.vt.edu/~cs3604/lib/Relationships/Living.html>

Burg, J. and A. *Marriage Matters: An Invitation to Joy*, Sturgis Journal (Indiana), July 13, 2007

Vedantam, S. *If It Feels Good to Be Good, It Might Be Only Natural*, Washington Post, May 28, 2007

Or [Click here to view entire article!](#)

#### **Empowering Information and Tools:**

To help you stress less which will allow you to open up to all that **IS** positive around you, check out my CD, Choose to Live a Stress-Less Life.

[Click here to learn more.](#)

And speaking of taking time, I want to thank you if you already took the survey. I was delightfully surprised to see how many of you would be interested in receiving information through e-books. The results also showed that many of you are interested in finding out about conflict management and regulation of emotions - I promise you I can deliver on both!

If you haven't filled out this short survey yet, please

do so! [Follow this link to complete survey!](#)

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