

DO YOU HAVE WHAT IT TAKES?

Monthly Series

~ Marcia Harris, MA, CLL

February 2017



"FEBRUARY-Our month of Many Celebrations"

The month of February celebrates Presidents' Day (Washington and Lincoln's birthdays) as well as Black History Month. It also celebrates the great emotion of love. (Valentine's Day).

If you look closely, our celebrations have a lot in common. They celebrate great minds and leaders that have made a difference all over the world through understanding, empathy, and acts of kindness. This includes that special person living in your own home, city, or a few miles away that has impacted in your life.

Showing and feeling love, empathy, and appreciation through acts of kindness and support often goes much deeper than you imagine.

How you ask? I was reminded (Stephen Covey) that it is important to "first "understand before you are understood. In doing so, you set the tone for problem-solving. You also set the tone for appreciation. Last but not least, you also set the tone for respect and patience.

Often times you may notice friends and loved ones anxiously grasping at the moment as they may believe this opportunity will not come again. By showing patience and understanding you become believable as you set the tone that this opportunity will occur again through goal-setting.

Goal-setting followed by consistency leads to confidence and belief in one's self and others. It will lead to trust, admiration, and a healthy love of character which can create win-win situations.

I imagine the great leaders we celebrate, including those within your reach, knew the importance of building healthy relationships through understanding, empathy, trust, and goal-setting.

One of my favorite relationships to read about is the healthy relationship between Frederick Douglass (an escaped slave) and Abraham Lincoln.

Keep in mind, when you take a moment to first understand (Stephen Covey, you then have the ability to see "beyond" what is in front of you and are able to work together on common goals.

In closing, I challenge you to continue the celebration of February through developing a healthy relationship seeking "first" to understand and then to be understood! (Stephen Covey). I look forward TO hearing your great results!

For comments or to share your story, contact Marcia at 740 353-8056, www.endlessbrainenergy.com, or [Facebook.com](https://www.facebook.com)

Have a great month of change!