

DO YOU HAVE WHAT IT TAKES?

To Jumpstart your Brain for “Endless” Energy

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July 2019 Series



Overcoming Loneliness in a Busy World

As society and social media seem to take more and more of your quiet time, you may wonder “How do I maintain meaningful relationships that let others know their value and worth to me?”

Keep in mind, a text or an email may temporarily hold a connection; however to develop a deep emotional connection (one that will weather any storm, misunderstanding or distance) it is necessary to routinely connect in order to build a deep relationship. A deep relationship is one that is bonded with understanding of purpose and common goals.

Success stories and studies share that building your relationships (personal and business) with interest, enthusiasm, and trust will seal your bond insuring it is unbreakable.

To test your bond, growing commitment, and dependability as a reliable source, you will need to practice consistency in the relationship.

How you ask? You can gage your commitment and dependability by marking your calendar as you begin your commitment to family, friends, and business associates.

Keep in mind it takes 21 days for your amazing brain to take you seriously!

In moving forward (one day at a time) and marking your progress, you are creating a win-win situation through building inner value as well as a valuable connection and resource to your family, friends, and business associates.

In closing, focus on your commitment to create an unbreakable bond. Keep in mind, action speaks louder than words; however, **both** are necessary to overcome loneliness and to create your unbreakable bond in a busy world.

Jumpstart your brain, jumpstart your Life!

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