

Make Positive Intention a Daily Habit

*“When you look for the good in others,
you discover the best in yourself.”*

Martin Walsh

Whenever you interact with someone, asking, “What can I do to make this person be glad that we talked?” helps you to build rapport and relationships. To develop deeper connections try some of the following: (Based on the book, “Get Along with Anyone, Anytime, Anywhere” by Arnold Sanow and Sandra Strauss)

- Solve a problem
- Relieve their stress
- Extend empathy
- Listen attentively
- Lift spirits
- Save them time or money
- Help them make money
- Nurture their potential
- Provide support
- Acknowledge their work
- Appreciate their contributions
- Give genuine compliments
- Surprise and delight them
- Enhance their self-image or feelings of self-worth

Interacting with purposeful intent not only benefits others; it also paves the way for attracting more of what you want. This people-connecting energy is empowering. It increases your confidence, wins support, lands positions of increasing power and influence, cements satisfaction in your relationships, and accelerates your success.

Watch how differently people respond and how moments are transformed when you put your positive intentions into practice! With intent to cultivate good connections, you always leave a long-lasting, positive impression behind.

By choosing to cultivate enduring connections, every moment becomes an opportunity to make others feel valued and to build or strengthen your

relationships with them. Your actions will reflect this intention and command people's respect, admiration, trust, and confidence. An enduring connection is the treasure that's yielded from the investment of your personal best to create something valued by another; in turn, you gain invaluable gifts from it, too. It's pure gold and priceless! Take your commitment to create positive connections with you everywhere—at home, to work, to school, to meetings, on the road, or anywhere you go! Use it with customers, co-workers, clients, kids, friends, partners, and particularly with any Prickly People (those thorny rascals who test your patience and your connecting power) to empower you in all your interactions.

With your intent to interact with others in positive ways, you enter each moment focused on delivering something of great value to share with them: the best of yourself. When this becomes your mantra, you make memorable moments of connecting magic!

Arnold Sanow, MBA, CSP (Certified Speaking Professional) is a speaker, trainer, coach and facilitator. He is the author of 6 books to include, "Get Along with Anyone, Anytime, Anywhere" and "Present with Power, Punch and Pizzazz." He was recently named by successful meetings magazine as one of the top 5 best "bang for the buck" speakers in the USA.
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