

MODULE 7

THE POWER OF MATTERING. SEEING YOUR POWER IN YOUR COMMUNITY

INTRODUCTION

Moving past urgency, regret and stress to a place of service and leadership in your community.

ASSIGNMENT

FIRST LET ME SAY, “YOU MATTER.” YOU MATTER TO ME, TO YOUR FAMILY, TO YOUR COMMUNITY AND TO THE UNIVERSE. YOU HAVE A UNIQUE GIFT THAT THE WORLD IS WAITING FOR YOU TO SHARE.

Because it all begins with YOU...

Each day when you rise, give thanks and gratitude to the one you worship the most (for me that's God) and the universe for all you have, all you are and the blessings you have received past and present.

Then...Let someone else know they matter to you too.

PEOPLE KNOW THEY MATTER WHEN...

You See Them

One way to let people know you see them is to begin or end sentences with the word “you.” Say...

- **I hear you**
- **I understand you.**
- **I appreciate you**
- **It was great to spend time with you**
- **I couldn't have done it without you**
- **You made my day**
- **You are a dear friend**

Go outside of your comfort zone and say these empowering words to not just your loved ones or good friends, but to colleagues at work, a crossing guard, a receptionist or a stranger you pass on the street. Remember what I said in the previous modules there is something positive in everything.

You Ask Meaningful Questions & Earnestly listen

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- What's on your mind these days?
- What was the best moment of your day?
- How did you make a difference today?
- What are your ambitions for this year?
- How can I help you achieve your goals?

When engaging in a conversation this week make an effort to ask some meaningful questions and really listen to the message behind it. Feel free to create your own questions. This gets easier and feels natural with practice.

You Do Small Things With Great Love (small things mean a lot)

- Give a smile
- Say a hello that lingers
- Send a note
- Call somebody & say "Just thinking of you"
- Do one or two of these small but great acts of love this week.

Remember to continue the work on you because – You make it possible for others to do things by the very nature of you doing and achieving that thing that needs to be done.

When we dwell in possibility, we help others to do the same. If people cannot envision the possibility, they cannot achieve the outcome.

Make the choice everyday to offer, thank, encourage, inspire, and let others know you notice and believe in them. It could be and often will be the most powerful thing you do all day.

This simple, clear message of "YOU MATTER" has the power to change lives and change the world, if we understand it and leverage it in the right way.

The actions you take today, could make a difference in some one's life tomorrow? And how that ripple could last for generations?