

Dare to Care E-zine

Designed for people who are Ripe for Change and want to shift into high gear so they can move forward.

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Happiness is a Laughing Matter

This past weekend, I had the opportunity to spend the better part of the day with one of my four sisters. Her lovely lakeside home is a beautiful, peaceful getaway from it all retreat, complete with Canadian Geese, jumping bass, lumbering carp, singing red winged blackbirds and of course background laughter of local children playing in the lapping waves.

What a wonderful day it was and as we updated each other about our life, families and general goings on, we started to recant stories to each other. You know, those stories that are everlasting and just plain funny.

I've know my sister now for 44 years and I can honestly say that in that afternoon, I saw a part of her I have truly grown to love.

That part is her extreme natural ability to just react and enjoy a great laugh. I'm certain her shrills of laughter reached across the calm lake to the US shores, probably allowing some unsuspecting passer by to catch the joy.

The American Association for Therapy and Humor believes that one of the things that is missing from our everyday lives is a good laugh. It shakes us out of our daily routine, sets us up for being more creative and improves our productivity.

BUT most importantly, it helps provide us with life / job satisfaction. Perhaps we need a reminder to stop spending time evaluating humor and learn to just react and enjoy!

Studying hundreds of adults, it was found that happiness was related to humor.

The ability to laugh, whether it's at life itself, a good joke or even ourselves, is an excellent source of life satisfaction.

Apparently, those who enjoy some silly humor are one-third more likely to be HAPPY.

So, remember what the Therapy and Humor group always says:

"Happiness is a laughing matter."

On Being Responsible

Sometimes responsibility can sound like a 'dirty word' but what would happen if you started thinking of responsibility as synonymous with freedom?

If you are responsible, YOU have freedom of choice over yourself and also your life. Remember you always have options, even when none feel available.

When you are living responsibly, you have the freedom to cause the events in your life (living from cause) and your behavior. Isn't that empowering?

Consider the following:

I am responsible for/I have freedom to make choices and take actions.

I am responsible for/I have the freedom to choose the way I prioritize my day.

I am responsible for/I have freedom in all of my relationships to choose to stay or go.

I am responsible for/I have freedom to choose happiness.

I am responsible for/I have freedom to choose my own life such as materially, intellectually, spiritually and emotionally.

Motivation Quotation

"You are the sum total of your choices."
- Dr. Wayne Dyer

On the Lighter Side

Wouldn't it be nice if whenever we messed up our life we could simply press 'Ctrl Alt Delete' and start all over???

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Dr. Cherie Carter-Scott's Rules of Life

Rule #1

You will receive a body. Whether you love it or hate it, it's yours for life, so accept it. What counts is what's inside.

Rule #2

You will be presented with lessons. Life is a constant learning experience, which every day provides opportunities for you to learn more. These lessons are specific to you and learning them 'is the key' to discovering and fulfilling the meaning and relevance of your own life.

Rule #3

There are no mistakes, only lessons. Your development towards wisdom is a process of experimentation, trials and error, so it's inevitable things will not always go to plan or turn out how you'd want. Compassion is the remedy for harsh judgment - of others and ourselves.

Forgiveness is not only divine, it's also the 'act of erasing an emotional debt'. Behaving ethically, with integrity, and with humor, especially the ability to laugh at yourself and your own mishaps - are central to the perspective that 'mistakes' are simply lessons we must learn.

Rule #4

The lesson is repeated until learned. Lessons repeat until learned. What manifest as problems and challenges, irritation and frustrations are more lessons - they will repeat until you see them as such and learn from them. Your own awareness and your ability to change are requisites of executing this rule.

Also fundamental is the acceptance that you are not a victim of fate or circumstance - 'causality' must be acknowledged; that is to say: things happen to you because of how you are and what you do. To blame anyone or anything else for your misfortunes is an escape and a denial; you yourself are responsible for you, and what happens to you. Patience is required - change doesn't happen overnight, so give change time to happen.

Rule #5

Learning does not end. While you are alive there are always lessons to be learned. Surrender to the 'rhythm of life', don't struggle against it. Commit to the process of constant learning and change - be humble enough to always acknowledge your own weaknesses, and be

flexible enough to adapt from what you may be accustomed to, because rigidity will deny you the freedom of new possibilities.

Dr. Carter-Scott is an international author, entrepreneur, consultant, Certified Master Coach, lecturer, teacher/trainer, talk-show host, Inspirational Keynote motivational speaker, and seminar leader. Her company, Motivation Management Service Institute, Inc. (MMS), has reached millions of people worldwide.

I Have Learned...

That I interpret the world, so it exists as I see it.

Your feedback and questions are always welcomed and are very important to me.

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