



# Deanna Frazier tips

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## Doing What You Love Is Attractive!

Hello, Everyone!

I am writing this from my son's home in Denver, sitting on a fabulous patio and looking out at the most lush garden that he and his wife have created. There is a waterfall and a pond where the gold fish live, a gazebo and hundreds of flowers and fruit trees creating a magnificent ocean of color. The spectacular view that I have right now literally makes my heart sing.

They have created this beautiful garden from an absolute labor of love and have done most of the work themselves; never tiring of the potential "next project" to add to it's beauty.

Here's to doing what you love!  
Happy Memorial Day!

Everything in life is some form of energy. If you want to have an effortlessly successful life, it makes sense to go with the current of energy, with the flow of life, rather than against it. How do you know if you are living in the flow of life?

- \* ***Good things come to you easily***
- \* ***You enjoy what you do***

There may be hard work involved, but it doesn't have to be a struggle. When you are working hard at something you are passionate about, it is a joy, even when you are sweating bullets. The most successful people are not only doing what they love to do, but what they are naturally good at. The funny thing is my son was a "city kid" and I now call him "Mr. Green Jeans."

So how do you know what you love to do?

\* ***One way to find out what you would love to do for a career is to start doing more of what you love to do in life. This doesn't mean you have to stop what you are doing and make a living gardening or dancing if that is what you love. You may find the activity is only for fun if it isn't a career.***

\* ***Ask yourself, "When do I lose track of time?" This will help you find a flow activity. A flow activity is one where you are busy doing something, suddenly look up and realize several hours have passed.***

Flow activities light you up inside, give you energy, keep you totally in the present moment when you are doing them. You might have to look back a few years, even to your childhood to find a flow activity. Look back, give it a try. The more you are engaged in the flow activity, the one that lights you up, the more you'll attract the good things in life. And just as I am feeling right now the benefit transcends to other people in your life.

What flow activity can you start doing this week? Being in the flow is attractive!!

Contact Deanna Frazier For Speaking and Coaching!

Deanna Frazer will speak to any size group or meeting. She incorporates humor and shares dating stories and advice in all of her speeches.