



## Having Delight in Your Life is Attractive

Hello Everyone,

Delight is the by-product of enthusiasm and a zest for life. It often comes to us in unexpected ways that touch our hearts and make us smile.

We can all live in delight every day by proactively creating delight and then sharing it with others.

### 9 Ways to Bring Delight into Your Life

1. Practice optimism. Optimism is almost always a catalyst for delight. Optimistic people never stay down for long. For some people, optimism comes naturally. Others have to work at it. Read positive literature. Seek out upbeat, optimistic people. Listen to uplifting music on the way to and from work.

2. Start a delight (100 smile) journal. Keep a small notebook in your pocket or handbag. Every time you catch yourself smiling and feeling delight, jot down what caused the feeling. It may be something as simple as a rainbow, sunlight on the water, or an unexpected call from an old friend. It may be as significant as a promotion, a special gift, or winning a contest. Shoot for a minimum of 100 items on your Delight List within the first month. As your journal entries grow, you will find more and more delight coming your way. It was probably there all along, you just didn't take the time to recognize it.

3. Make delight a part of your daily vocabulary. Using the word DELIGHT frequently will raise your delight index. Instead of the standard "good morning" ...greet others with "What a DELIGHTFUL day!" Sign personal letters and cards "With DELIGHT." Tell others you are "DELIGHTED to see them." Use the "D" word as often as possible.

4. Establish your personal Delight Dream Team. Close your eyes and picture 8 or 10 people you have always admired and respected and whose experience and wisdom could help you. For example, your Delight Dream Team could be composed of past U.S. presidents, famous scientists, humanitarians, authors, your parents or grandparents. Members of your team may be living or deceased. Be sure to record their names in your Delight Journal and whenever you have a problem that needs solving or an idea that needs a sounding board and you can't reach your coach convene your Delight Dream Team for a special Board Meeting. You will be amazed at the wisdom and delight that will come your way through your special team.

5. Create a delight retreat. Set aside a special place in your home as a delight retreat. This retreat may be an entire room or maybe just the corner of a bedroom or sunroom. Fill your retreat with flowers, candles, beautiful artwork, photographs, inspirational reading material and music. Use as many things as possible to bring peace and delight to your retreat. Make time each and every day to visit your Delight Retreat. Spend as much time there as possible. Ban worry from your retreat and delight in the serenity and pleasure it will bring you.

6. Cultivate your creativity. Make it a rule to do something new every week...better yet...every day! Drive home a different way and DELIGHT in the new scenery. Take dance lessons (this could be you!). Buy a magazine or book on a subject you have never read about. Learn a new skill. Eat at least one delightful new food you have never eaten and savor it. Left to our own devices, we humans tend to do the same ol' things the same ol' way, day in and day out. CREATE and enjoy the DELIGHT in your new adventures.

7. Make out a lifetime to-do list. Spend some time in your Delight Retreat and forget your household or work To-Do Lists. Make a Lifetime To-Do List. Compile an on-going list of things you want to do that will bring DELIGHT into your life. Include things as simple as taking up a new hobby or as grand as walking the Great Wall of China or taking a cruise down the Amazon River or sipping champagne in a hot air balloon on the California coast at sunrise. Keep your Lifetime To-Do List posted in your retreat and begin looking for ways to make it a reality.

8. Make a clean sweep in your personal and professional life. In order to make room for more DELIGHT in our life we must first clear out the clutter in our life. Remove the tolerations. We all have areas of our mind, our physical environment, our finances and our professional and personal relationships that need some cleaning up. Take the Clean Sweep Assessment by Coachu© and set a goal of increasing your original score monthly. Email me and I will send it to you. Start with the smallest messes and tolerations so that you can go after the larger messes after you build a momentum and celebrate your successes.

9. Seek out ways to bring delight to others daily. Many people have forgotten the DELIGHT that comes from adding value to the lives of other people. Delight is a gift that comes back to us many times over. Giving delight to others may be as easy as looking a stranger in the eye and smiling, giving a friend a much needed hug of support, bringing someone a token of appreciation or a surprise for no reason or taking an afternoon off with someone you care about to do what DELIGHTS them.

Giving DELIGHT to your clients, customers, or friends may be adding value to your relationship with a quick call just to say "I was thinking about you and wanted to see how things are going." Or sending them a funny card, a congratulatory note or a thank you for all their hard work and for being such a great client. DELIGHT, like optimism, is very contagious...spread it every chance you get

**Contact Deanna Frazier For Speaking and Coaching!**

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