



Holiday Joy is Attractive

Hello Everyone,

During this time of year, people are attracted to the sparkling holiday lights, beautifully decorated packages, whimsical village displays, and of course the unforgettable music.

What are you radiating this holiday season? Is it sparkle, passion, joy and positive energy? How would you like to easily and effectively attract what you want to show up? This holiday season I challenge you to determine what kind of people, goals, resources and life you want to attract.



Steps for Attracting the Life You Want this Holiday Season

Discover what brings you joy and DO IT! Very few people know what brings them joy, but when they find out they become more attractive to themselves. What brings you joy? Giving to others? Playing, dancing, partying, entertaining, or family gatherings? It's different for everyone, but do what you love to do, and lots of it. JOY IS VERY ATTRACTIVE

Reclaim your right to have your own unique version of the Holidays. What is the essence of this season for you? For me, it's about the joy of celebration. Guess what the essence of maintaining successful business and personal relationships is? You're right, it's about the joy and celebration of who you are and who others are, and also about giving with joy. The more you love who you are and what you are doing, the more wonderful things and people will be drawn to you. Remember, "You have a unique gift to give-you!" Share this gift with enthusiasm all year long. SHARING ALL YOUR GIFTS IS VERY ATTRACTIVE!

Increase your self care and self maintenance. Do you want to be healthy this entire Holiday Season. Are you ready to commit to it? If so, take "down time" for yourself in order to meet your physical, emotional, mental and spiritual needs. Surround yourself with positive people! Keep your self talk supportive and encouraging! HEALTHY IS ATTRACTIVE!

Take time off. Rejuvenate and enjoy! If you design your own unique version of the Holidays, remember to schedule time to do nothing. For most of us, that is a concept way outside our realm of thinking. Let's face it, we have been programmed to be "human doings" rather than human beings. This Holiday Season, do yourself a favor and commit to spending some time just "being". Try it, you might like feeling like a human "being" instead of a human "doing." "Doing" may get it done, however, JUST BEING IS ATTRACTIVE.

Here's to BECOMING in 2008!

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.