

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**The One Thing You Must Add to Your Day**

**By Susan Dunn**

**The One Thing You Must Add to Your Day by Susan Dunn, MA Psychology, The EQ Coach**

As we close the gap between physical, mental and emotional health, realizing that they all influence one another, it's becoming more evident that attitude makes a difference. It isn't so much what's happening, as how we feel about what's happening.

I'm reminded of a visit to my obstetrician some years ago, when pregnant with my second child and delighted. He told me how nice it was to have someone so happy in his office. "49% of my patients are pregnant and don't want to be, and 49% aren't pregnant and want to be." So, the same news delivered, you should pardon the expression, brought different feelings.

You're probably aware that being optimistic and resilient can help you with any task or challenge, but have you considered gratitude? An attitude of gratitude?

When you're able to focus on the positive things going on and to be grateful for them, it lessens stress and tension and helps you do your work and be more pleasant and loving. It accomplishes one very important thing: it keeps you from dwelling on the things that are going wrong.

Have often have you focused on the one thing that went back during a day and ignored all the many things that went well?

Here are some ways you could put this into action in your life.

·At work, suggest at meetings, or around the watering hole that each person mention something that's gone well that day.

·Start a journal yourself of things you're grateful for each day.

·Suggest to your partner that when you get home at night, you'll each mention the good things that happened that day, before the bad, along with the bad, or in place of the bad.

## The One Thing You Must Add to Your Day

- Start training your children to talk about the good things that have happened. When your child laments, "I didn't do well on the spelling test today," ask them to name something they did do well at.
- Have a regular time for the family to express gratitude.
- Express your gratitude to the people at work who help you or makes things run more smoothly.

But don't stop with these ideas.

Discuss this concept with your colleagues, employees and family. Ask them for suggestions. When we take part in the planning and figure things out, we're more invested.

No matter how "bad" you think your day has gone, there are dozens of things that go well. Burning the dinner amounts to an hour's worth of time, while you successfully completed the grocery-shopping, found a parking place, cleaned the kitchen, found the perfect gift for your mother-in-law, read to the children, and many other things.

You may have failed to get a donation from a certain donor, but you engaged some new volunteers, organized your office filing system, got a call from the press, got a grant accepted, and got a compliment from your boss on how well things were going.

When we focus only on what goes wrong, we magnify it way out of proportion. From the minute you wake up in the morning feeling good and having a house and food on the table, to the time you tuck the children in bed at night and crawl into the clean sheets with your honey, there is much to be grateful for.

Focusing on the positive, and being grateful for what goes right, feels good, works out, and succeeds can make your day go a lot better - and possibly affect your health as well.

©Susan Dunn, MA, The EQ Coach, <http://www.susandunn.cc> . Coaching, distance learning, and ebooks around emotional intelligence. Career, transition, relationship, resilience, stress management and balance. [Mailto:sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for FREE ezine. Looking for a new career? I train and certify EQ coaches. Start tomorrow, no residence requirement. Email me for information.

**Adult ADD: Use ADD To Make Their Day (And Yours)...**

**By Tellman H. Knudson**

If you're not getting what you want out of life, it's not because you have Attention Deficit Disorder (ADD), you're a bad person, you don't have anything to offer the rest of the world, any learning disability, background, or how much money you have. It's all whether or not you can communicate what's on your mind in an effective way.

Where I'm from, people don't generally walk around smiling and hugging you when they first meet you.

## The One Thing You Must Add to Your Day

What I found was that when I said, "How's it going?" almost all the time, people would say, "Not bad."

So, one dull, drab, overcast day, while considering ADD and how it affects communication, I said, "Okay, I'm going to totally mess with people. Every single time someone asks me how I'm doing, I'll look them straight in the eye, smile, and say, "I'm doing awesome!" This was before I made much money. I didn't say, "I have ADD, I'm living on Ramen Noodles and grilled cheese sandwiches, and I don't know how I'm going to pay rent." I said, "I'm doing awesome! Things are phenomenal!"

Part of the experiment was to see how it affected my own mindset. I was learning about internal and external communication, too, because ADD sometimes makes it hard to communicate effectively.

So, they would say, "Hi. How are you doing?" and I'd say, "I'm doing awesome!" and smile.

The first thing that happens is: they smile! Why? Because everyone can identify with "doing awesome." It's like, "I just won the lottery. I'm doing great!"

After a couple of months I'd walk down the street and people would know what was coming and would always be like, "Man, how is Tellman always doing awesome?" What happens is that you leave a strong imprint in someone's mind, especially a positive one, and that's the last thought you leave with them.

Use your ADD to focus your behavior this way, and after repeating, "I'm Awesome!" the next time people see you, their immediate feeling is that experience of feeling awesome, of feeling absolutely amazing.

To this day when I see people that I'm friends with and we have this interaction, it's always, "I'm doing awesome!" and "I'm doing awesome!" It's a lift for both people. And it's a great way for people with ADD to improve their skills.

In fact, this is one of the most powerful and simple ADD exercises you can possibly do, and it will be really good for you, if you have ADD and find it hard to communicate easily. But, you have to put some enthusiasm behind it. You also can't just slump over and walk down the street shuffling your feet, and dress like a slob and say, "I'm doing awesome!" or be distracted, as those with ADD can be, mean it! Dress like today is the day that you get to choose what your entire life is going to be like.

Tellman Knudson, a certified Hypnotherapist, is CEO of Overcome Everything, Inc and Hyperfocus. See more information about controlling ADD at

(  
).

The One Thing You Must Add to Your Day



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**