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Widen And Deepen Your Relationships...Get to the Good Stuff

By Beth A. Tabak

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"Get off the surface and deepen your relationships. Go after the buried treasures and reap the rewards." Beth Tabak

Get past the "how are you doing? how's the wife and kids?" with the response being "good, not so good, or fine" to the story behind each person. This is when you develop connection, and people grow from connection. People seek value and want to contribute. Whether you want to increase business, develop your career, gain support, eliminate barriers, create opportunities, or merely relate and be loved; the benefits of widening your inner circle and going deeper are astronomical.

How easy it is to get comfortable with where we are and who we are with. We sometimes close the door to getting to know others around us who could add great value to our lives. Growth is a tremendous part of human life. We grow physically. We grow in knowledge and wisdom. Many of us strive to grow spiritually. We grow in and out of relationships. It seems that when we are growing the more fulfilled we become. When we are not growing we become disconnected, bored, and frustrated. While you may have many good relationships, is it possible that you are missing out on other remarkable experiences because you have relaxed into your comfort zone? Keep in mind that the more connections we have the more opportunities come our way, and the deeper those connections the more stimulating the relationship. So what is the first step?

The first step is to create the best relationship with the only person you are guaranteed to be with for your entire life. Yes, you! You attract relationships which are a reflection of yourself. So if you do not like who you are attracting, then take the time to develop the relationship with yourself. Take pride in all that you are. When you surrender and let go of all the things you think you should be, you begin the fascinating journey of being who you are meant to be. When you except yourself for all that you are...strengths and weaknesses...you can except others in the same way. You expend less energy when you are authentic, yet you are more likely to have a profound impact on others. When you take full responsibility for your own happiness you remove the burden from others of fulfilling those expectations. This lightens the relationship enabling it to blossom.

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What do I mean by widening? As people come and go in and out of our lives they teach us valuable lessons. The more good relationships you have in your circle, the more you set yourself up to have an abundance of support. We could all use that...huh? You open the door for more opportunities to come your way. Behind every opportunity is a human being. I have no doubt that my divorce became easier because of the reserves of friendship I have. I can only imagine how hard it would have been if I felt alone. Recently a few of my friends informed me of their intentions to move. While saddened by the news, I realized that I have become so comfortable with my inner circle that I have not been taking that extra step to open the doors to new friendships. When we first moved in I made it a priority to get to know everyone in the neighborhood, and have been blessed by those relationships for over 6 years. Thus came the idea for this article. I realized that I am missing out because I have become so comfortable. I am quite certain that I am not alone. Yet in my business where I am focused on spreading my wings I continue to be blessed with support and new opportunities...hmmm. So consider

widening your circle. Reach out and add a new relationship. Notice how you grow from the connection.

Allow me make a request that you can accept or reject. Try taking your relationships to a deeper level, and see what happens. This is not about digging up your deep, dark secrets so don't get nervous. Many of us don't pry because we were raised with the saying "don't be nosy". However, it is natural to be curious. One way to gain access to wisdom is by asking "what" questions. "What" questions are a great way to open up an interesting conversation. What was your most incredible experience? What is the most interesting tidbit about your family? What was the best advice you ever received? Another phrase to use is "tell me about...". Tell me about your home town. Tell me about how you chose your profession. We often bobble on the surface like a beach ball because it is just easier, and never realize the treasures that lie below the surface.

Seek the story behind each person and grow from the connection. Get to the good stuff...Starting Now!

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Beth Tabak is a Business & Life Coach, columnist, & owner of Starting Now. She is 100% committed to coaching small business owners and professionals to grow beyond limits, and create the business and life they keep thinking about. Set your goals, pick up a task list, take a class, discover a new resource all complimentary at <http://www.startingnowcoaching.com> .

Look To Trees To Help You Keep Balanced And Focussed While Achieving Your Dreams

By Ofa Morgan

Do you remember looking up through the branches of a beautiful, leafy tree, on a warm sunny day? How the sunlight filtering through the lush greenness, seemed to take on an almost magical quality?

And do you recall how this golden sunlight and the softly swaying branches almost seemed to be the physical enactment of a song, a whispering melody, just beyond the reach of your ears?

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Trees, strong and sturdy, with roots deeply entrenched in the ground, while all the time reaching for the heavens or stretching out, giving shelter and protection to all who need it.

Which sort of tree are you more drawn to?

Are you more like a tall tree that directs its energy upward, always focussing on the next goal and not really given to taking time to relax?

Or do you have more in common with the shade giver, reaching out and wanting to experience all that life has to offer you?

Perhaps at different points in your life, you're either one or the other, sometimes concentrating hard on accomplishing set targets, allowing no distractions until you've reached them.

And then maybe, during other times, you're more laid back and in no particular hurry to get to any one particular place. You just want to enjoy and savour all of life, reach out and communicate.

The ideal is to be able to harness the benefits of both these ways. A steady devoted energy to bring into realisation a long held dream. A calm, wandering, branching out to learn new things, meet different people and widen and deepen your experience of life. A way of balance.

Do you remember how pretty, dappled sunlight can be? How the golden, green hues, almost look otherworldly? Can you feel the magic you once felt as a child, high up in the branches of an enormous tree?

If not, then maybe you've been operating in "tall tree " mode for too long, and perhaps it's time to take a few steps back and breathe in deeply and take in the view.

Embrace wide open spaces, go down to the seaside, reach out, refresh and rejuvenate. Remember what it is was like in childhood to live in the moment and look at everything as if it was the very first time you were seeing it.

And when you feel peaceful and revitalised, again start to focus and begin working towards your dreams and goals.

You'll probably find you have greater clarity, you'll feel more inspired and that your journey to reach the sky will be that much quicker.

Ofa Morgan is the owner of Blue Moon Offers a site where you can get free content, submit your articles and win a prize for your most irritating online experience. To find out how, please visit:

Look To Trees To Help You Keep Balanced And Focussed While Achieving Your Dreams

HOW IS MY RELATIONSHIP GROWING?

4 Super Reasons You Will Love "Easifying" Your Life

Spreads In Forex

Get Clients with a Small Business Networking Strategy

How to keep up the SPICE in your Love Life.

Online Dating Secrets Revealed!

How Nice Guys, Shy Guys and Good Guys Finish First!

How to Gain and Retain More Customers

Copywriting Crash Course



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