

February 2017

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### Quote of the Month

*What I know now is that we're all interconnected and that's a really beautiful thing. We have links to everyone else in our lives and in the world. Different people have different journeys for different reasons. You can't judge, but you can celebrate that there are connections everywhere. ~ Jane Seymour*

**Dear Jean,**

Happy Heart Month! We are just a month and a half into a new year. I mentioned in my December 2016 newsletter that 2017 would see a change in the newsletter format, new timing, and new focus. The format is different in look and purpose; the timing is now scheduled to show up in your inbox every other month and on no particular date. As for the focus, I am continuing to build and hold each of us accountable for our commitments on the New Year's card - "Your Best Year Yet." Every newsletter, I will bring one of the card's categories into focus and encourage each of us to check in on how we're doing. Let's make 2017 our best year yet and continue to hold ourselves to the commitments we made in early January!

~ Jean

### 5 People to Reconnect With - They Matter

- 1.
- 2.
- 3.
- 4.



Who do you want to reconnect with? Are they family, friends from High School or College, your neighbor, or a colleague? More importantly, why do they matter? If you haven't made one of those connections yet, are you ready to reach out? If you are thinking about them now ... email them, write a letter, call them (or return their call), send a thank-you note, plan a date to get together, let them know they really do make a difference in your life ... they matter.

Why is connecting with others so important? According to Dr. Oz, "Human beings provide a social web that holds us all up. So call your mother, get back in touch with a

college friend, make a plan to have coffee with an old work pal, send a thank-you note to your high school teacher. If you surround yourself with support, you can weather the bad times with less stress and add years to your life."

In *Social - Why Our Brains are Wired to Connect*, author Matthew D. Lieberman, reveals research in social neuroscience that speaks to our need to connect with other people being, "more fundamental, more basic, than our need for food or shelter." Two interesting facts from the research in *Social*:

- "... we must commit 10,000 hours to master a skill ... each of us has spent 10,000 hours learning to make sense of people and groups by the time we are ten."
- "...our need to reach out to and connect with others is a primary driver behind our behavior."

### Affirmation to Affiraction - Positive Thinking to Positive Action

#### Affirmations

- I am connected to all things and feel the energy growing stronger every day.
- We are all connected in positive and loving ways.

#### Affiractions

- I share my day's story and a smiling heart with \_\_\_\_\_ from my list above.
- I acknowledge a special person each day this week/month for something they have done right.

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