

# 10 Simple Ways to Enhance Connection & Increase Your Happiness

# PSA The People Skills Academy

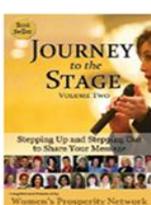
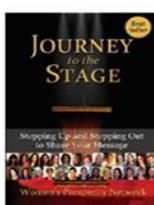
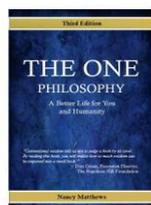
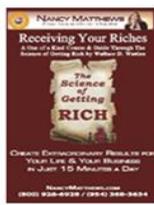
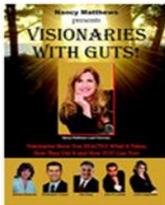
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As seen on and in partnership with:





Kudos to you for embarking on this journey to improve your PEOPLE SKILLS.

The simple activities over the next 10 days are designed to bring you more peace, power, FUN and skill in Mastering the Art of Human Connection!



▶ [Click Here to Join our Facebook Group](#)

Share your stories and successes  
Hone your people skills even more!

*Scroll through your phone contacts and call someone you haven't spoken to in two (2) months or longer.*

*It's easy to pick it up by simply saying, "I was thinking of you and wondering how you've been."*

While out in public (at a store or restaurant, for example) when a stranger (or the hostess or server) says, *“Hi, how are you today?”* Respond with, *“Really good as a matter of fact! And how are you?”*

Now, actually look in their eyes and LISTEN to their reply.

You’ll be amazed at how easy it is to get to know someone when you pause long enough to BE with them instead of distracted by what’s happening in your head, your phone or your wallet!

**Bonus: Ask their name or if they’re wearing a name tag, add their name to the question. People love to hear the sound of their name especially from a stranger!**

*Call a customer or client who you are currently NOT working with just to see how they're doing.*

*This is not a sales call, it's an "I care about you call."*

*Be The One to let them know how important they are to you and that you value them.*

Is there someone who you may be holding negative or ‘not so good’ feelings about? Perhaps someone who disappointed you or let you down? A family member or friend who you’ve lost touch with due to a disagreement or misunderstanding?

*You hold the power to heal the wound within yourself (even if you don’t talk with them about the situation.)*

First, remember a time when you felt close and connected to this person. Linger in a happy memory that you shared.

Take out a sheet of paper and write down the situation and your feelings around it. Next ... put yourself in their shoes. Consider why they may have taken the position or had the perspective they did.

Lastly, state aloud ... “I now release my negative feelings around this situation because clearing my energy is what brings **me** peace and personal power and that’s what I can control.”

## **It's time to get curious!**

Learn something new about a culture that you're not familiar with. Perhaps a tradition, custom, special recipe or how they say, "I love you."

**Expand Your Horizons and Learn About People Who Appear to be Different from You**

**Next, share what you learned with someone else and post in our Facebook Group**

**Look for my post in the Facebook group about The Gullah Geechee people.**

## Increasing Your Response-Ability For a High Vibe Life

Throughout the day observe your energy, noticing whether you're experiencing High or Low Vibes (*and yes, you're likely to experience a wide range of them throughout the day.*)

### High Vibration Above the Line

Contentment, hopefulness, optimism, positive expectation, belief, enthusiasm, eagerness, happiness, passion, joy, knowledge, empowerment, freedom, love, appreciation

### Low Vibration Below the Line

Boredom, pessimism, frustration, irritation, impatience, overwhelm, disappointment, doubt worry, blame, discouragement, anger, revenge, hatred, rage, jealousy, insecurity, guilt, unworthiness, fear, grief, depression, despair and/or powerlessness.

As you observe and increase your self-awareness, notice the following:

- Those things (or triggers) that cause you to go below the line and remember they are opportunities to re-claim your personal power and return to a more positive state.
- Those things that bring you happiness and joy (above the line), pay attention to those as well ... great reminders and opportunities to increase your good vibes (both for yourself and for everyone around you!)

**Learn how to use the practice of Ho'oponopono to quickly shift from low vibes to high vibes ► [CLICK HERE](#)**

**Think of a person whom you admire and respect.**

**What are three (3) character traits you admire about them?**

**Reflect on how you embody or aspire to embody those traits.**

**What is one action step you can take to exemplify that trait?**

## **Pull Out Your Cell Phone!**

Scroll through your contacts and send text messages to three (3) people.

“I was just thinking about you and that time we \_\_\_\_\_ and wanted to say THANKS for the memories.”

“I was just thinking about you and wanted to say how much I appreciate the way you \_\_\_\_\_.”

“It’s been too long, when do you have a few minutes for us to catch up?”

## **Pay It Forward**

(choose one or more)

- Let someone get in front of you in line at a store**
- Pay for coffee for the person behind you**
- Surprise someone by sending an anonymous gift.**

As you reflect over the past 9 days...

- What changes (even subtle ones) have you observed?
- Have you discovered any patterns of things that:
  - Make you happy?
  - Irritate or annoy you?
- Have you decreased the amount of time you spend in upset or disappointment?
- Have you re-kindled relationships ... business and/or personal?
- Have you received messages or calls 'out of the blue'?

As you focus on improving your people skills, you'll find opportunities to expand your reach and deepen relationships. Enjoy the discoveries!

**The Best Is Yet to Come!**



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**Continue Practicing &**  
**Improving Your People Skills**

**Creating a Better Life for**  
**You & Humanity**

**Get Started Now**

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