

## Sample Essays Content

### Section II Recognition..... “TheStrings”

Natural Opiates.....	8
Chaos & Harmony.....	9
Life’s Little Sticky Notes.....	10
The Artist’s Vision.....	11

### Section III Harmony.... “Music Theory”

Nightclub Eyes.....	26
Passion.....	27

### Section V The Date..... “The Recital”

Physical Distractions.....	54
Charisma.....	55
Recycle ‘Em.....	56
Exit Science.....	57

### Section VII Courtship... “Playing Duets”

Flattery Encouraged.....	83
Feather Your Nest.....	84
Robust Self Worth.....	85
Guts.....	86
Naked Like a Sand Bar.....	87

## Natural Opiates

### 8

#### Opportunity

When someone we admire observes our noteworthy act and vocalizes a compliment about our inner qualities, it does more than give us a head rush. Accurate observations about a person's positive personality traits reinforce the beliefs that sponsored that behavior. That means we can expect more of that behavior if we will just bother to water that flower we so admire. Don't look at yourself as a brown-noser, tossing around compliments that cause people to blush, but as an empowerer giving nourishment to personalities hungry to climb the ladder of self accomplishment - if not from you, then from whom?

Belief reinforcement strengthens our resolve to rise to higher and better uses for ourselves as well. Self belief translates to confidence. Confidence is our passport through the valley of fear, the future, and the unknown and, worst of all, self doubt. Fear of failure is our worst enemy. The journey to our highest and best use requires self confidence and fully utilizing our best stuff, our talents. Risking our best stuff in life's challenge is not for the weak hearted. We all need help and plenty of recognition of our talents and the daily challenges they meet. We're talking sharing and caring about what makes the other so special and unique. We're talking personality strengthening exercises required here. Self doubt is the hobgoblin of the successful as well as the failed - we all need positive reinforcement.

"People must help one another; it is nature's law." LaFontaine

Now that you're adding recognition to your bag of tricks, you've got the key starter ingredient needed to be a formidable ally, teacher, coach, facilitator, empowerer and master best friend. You've heard that every good relationship's partners learn to give and take, but that's just basic balance in the getting and having part. The growth hormone is the confidence building nourishment each of you adds to help enable the other's dreams.

Remember that while nature provides a free dose of endorphins to jump-start every new relationship, they soon fade like starter fertilizer and your

## Empowering College Women

enthusiasm for your guy, and he for you, soon must generate its own endorphins. It's why relationships grow tired. You better know how to keep those great feelings flowing, or you're going to feel like a musician with just the first page of music and a whole concert to go. Empowering each other is the stuff that great relationships are made of. "Behind every great man there's a great woman." You've heard that one. We're just adding *recognition for your side of the dream* and *his support of it* to this old maxim to empower your greatness.

Unlike most men you already know how capable your female body is of producing hormones that control mood and attitude. Men appreciate testosterone and its ability to build muscle mass but as far as other hormones and their effects on us we are usually oblivious. We know how we feel very differently when confronted by extreme circumstances like aggression or love. We don't realize that our bodies have secreted certain chemicals and the surge we feel is "drug" induced.

The subtle techniques I will teach you release secretions that are very effective at directing behavior. On the surface it sounds like no big deal. Below the surface it's a different story. Your well timed compliment or wink has the hitting power of a football thrown at his chest. All of my techniques provoke euphoric feelings in men. My strategy is to double and triple team these feelings to get amazing results out of your guy – once you really feel that he's a quality match for you.

*Accurate* observations about a person's positive personality traits reinforce the beliefs that sponsored those noteworthy acts.

## Chaos & Harmony

### 9

#### Opportunity

**H**armony and a little chaos are the reality and natural state of existence. Observe the soil, as it parts its tiny granules to allow a fine strand of an emerging plant to rise to meet the sunshine. Its ability to conduct heat signaled the seed; its porous nature allowed the water to penetrate the surface to germinate the seed; its firmness will support the roots as the plant ascends in height. Where the soil refuses to accommodate the seed, it will turn to the wind, the animals and the birds for new geography in a relentless process to find accommodating conditions. We are a part of existence (“I think, therefore I am!”). It’s not a large leap to declare that harmony is the natural state of our existence too. Love needs a warm and fuzzy nest to grow in, and a state of harmony is the soil of our soul.

Chaos – like when the car won’t start *and* you’re already late for a quiz. You reach for your cell and your class notes fall in the puddle. This is a major detour from *the plan*. This is chaos. Interruptions are not appreciated, especially when there’s a time value on that progress. Taking time out to find a ride when yours dies, suffering the look and attitude of a prof who doesn’t tolerate lateness before a quiz, notes that will have to be copied or repurchased – these are not the features of harmony.

“Concordia discors.” (Harmony in discord) Horace

If our natural state of being is harmony, how come life for you is full of so many nasty little moments? Welcome to the planet. Chaos is part of the natural order of things. People and animals are the only ones that seem to get an attitude about it. Things tend to bump into one another all the time in an effort to fit in, be a part of what is, be accepted. Not everything can be accepted and shuffled into the status quo, but that doesn’t stop all sorts of things from trying. It’s part of the process of natural selection. In order to be selected, something has gotta give, make space, accommodate. Like people in an elevator shifting to make room for the sweet little old lady with too much perfume, you do a little shift and gasp for a fresh breath of air.

## Life's Little Sticky Notes

### 10

#### Technique

Chaos and accommodation seem to be willing partners in life's little dance. In fact, chaos plays an important part in the dance of your particular life. Were it not for chaos, your behavior would be much different because chaos represents the consequences of ill-fitting, ill-timed, ill-suited choices. Your memory stores these chaotic consequences and provides reminders of them under similar situations in the hope that you'll not tempt chaos again.

The next time a quiz is announced, your mind darts to the car battery that failed and the thought that it was time to replace it. You decide to get another one after class and maybe look at a waterproof folder for notes, too. Your recognition of pain and pleasure are necessary for averting further episodes not to your liking.

Adapt, adjust, reorganize, substitute, restyle, and/or evolve are the choices we can make once we understand that we must change to achieve a goal.

You elect to deal with your problems, accepting that which you cannot change, by making calculated concessions to them. That battery was just going to get weaker with time, and rain puddles are a permanent hazard. So, recognize what needs to be integrated into your plan so that you can proceed along your path and meet your goals.

You've learned to make concessions to the laws of physics, accommodating everything from gravity to the extra concentration necessary to successfully manipulate a top-heavy slice of jellied toast with one hand while painting a toenail with the other. Not recognizing what needs to be accommodated can create pain, you've learned, and history likes to repeat itself. It will allow you to stub your toes in the dark as often as you care to repeat the mistake.

Artfully accommodating what we recognize as obstacles in our path is how we navigate life's little tributaries. We cross vast oceans the same way.

We learn to fix things at the first sign of weakness or watch them surprise us at the worst possible time. That little hole in your best outdoor sweater needs a stitch in the underarm before the toboggan party this afternoon. It plans a bigger coming out party later tonight for you.

Let's hear it for you for every time in the past and every time in the future that you reacted or will react *in time* to life's subtle clues that signal a call to arms – and not just the ones that emerge from holes in sweaters in public. It may be true that some people are clueless. Obviously you are not one of them. So here's to you.

Artfully accommodating what we recognize as obstacles in our path is how we navigate life's little tributaries.

## The Artist's Vision

### 11

#### Strategy

**Y**our personal vision of life should be one of attempting to exhaust your talents at every opportunity in the pursuit of fulfilling your potential. You are the artist of your own portrait; you are the scriptwriter of your own videography; so also can you be the conductor of your own concert. Your mate can either be part of your journey to that fulfillment or part of the problem you encounter on the way.

Your knack for picking valid solutions will determine your comfort level in life. Your effectiveness in selecting a mate will determine not only the comfort level of your relationship, but also the degree of your fulfillment. Plan to be serious about your analysis. Hold really good interviews (coffees) and only good guys will hold you!

You are the Producer/Director of your autobiography as much before the words are written as after. You actually help configure your life and its circumstances based on your opinions, tastes and philosophy. As these three viewpoints shift with experience, you shift too. You evolve. Your target is? The highest and best use of you – your essence – and your character, talent, and attitude is your focus.

Wouldn't it be great to have a friend that looked after your evolution, cheered you along, helped you set goals that were purely and only all about you? Wouldn't it be fun to choose a path that aimed squarely at your deepest curiosities and desires? Find someone who can get serious and view themselves in a coaching role in your life. After all, you are that serious about reaching your dreams aren't you?

How silly would it be to screen for people with dreams you can appreciate and who could feel the same about yours? What if that person would be fun to coach, too, and would actually let you help them discover and pursue their grandest dreams? Would it be worth being especially wary of prospects that don't have the tools to work on your dreams?

What if someone especially attractive came along? Would you still keep them if they didn't "get" your dream or theirs was not to your liking? How attractive would they be then?

It's good to be aware of just what all you're going to need in this guy you are taking along on your life voyage. Cheering and coaching would be two things to try on him for size. How about imagination? Can he imagine you doing your grandest dream? What level of enthusiasm does your dream produce in his mind?

What parts is he not talking about - the moving, the career, the family, the settling down, the house, the kids, the no kids, the no house but several condos? Are you carefully watching and listening to what he has to say, or are you humming a tune, tapping your foot and wondering how good a kisser he is? Hello?

Your mate can either be part of your journey to that fulfillment or part of the problem you encounter on the way.

Find someone who can get serious and view themselves in a coaching role in your life. After all, you are that serious about reaching your dreams aren't you?

## Accommodation

### 25

#### Opportunity

To create this harmony, one must recognize what needs accommodating, recognize what needs empowering. Open the window of respect and be admired and accommodated in return. Then you will experience harmony.

“Love has nothing to do with what you are expecting to get-only with what you are expecting to give - which is everything.” Katherine Hepburn

We have already explored the pieces of harmony. The person that accommodates another is usually rewarded by recognition from that person. For example, simply offering him a genuine compliment can swell his heart with pride and increase his feeling of worth as well as yours. Put these principles into daily practice, with people and friends, then feeling good about yourself will become your everyday mood. No more waiting for the weekend!

As your feeling of self worth increases, the courage to express yourself through your wonderful talents will begin to blossom, too. Courage also provides the power to pursue, exercise and discipline those talents. You become motivated to do what you love to do, what you were designed to do, what you are uniquely gifted to do. It's called *doing your thing!* You've now created the engine that will drive you to your personal destination more quickly than anything else.

With courage as your engine and self discipline at the controls, fulfillment becomes the destination, admiration and respect become the scenery, and bliss becomes the traveling companion. Not a bad trip for a gal on her way to a violin concert.

“You'll never do a whole lot unless you're brave enough to try.”

Dolly Parton

You must choose a mate whose personality allows you to enable him and as well yourself. Happiness is helping and being helped, caring and being cared for, when the time is right and the need is present. Sometimes we get off track, lose perspective and need to be reminded of our goals. Learning to recognize where a person is in life compared to their stated goals is where you, their coach and cheerleader, come in.

Answering the question, "How can I help this person be happy?" means answering another question first - "How can I accommodate the flower that wants to bloom in the garden of this person's soul? How can I help create harmony for both of us? How can I teach him to create harmony for me?" A key question therefore is: what is this person's grandest dream for themselves and how can I help them identify the next mini-step they need to take and then coach and cheer them to its completion.

Moving steadily along a dream path can be the source of much happiness when someone who cares for you is there to share the grief and share the joy. These people are cherished in return.

"It is one of the beautiful compensations of this life that no one can sincerely try to help another without helping himself."

Charles Dudley Warner

## Nightclub Eyes

### 26

#### Technique

“See into life, don't just look at it.” Anne Baxter

**N**ow we are ready to begin some specially designed calisthenics. These simple mental and verbal exercises will immediately begin building your confidence and self esteem. We're going to give you "nightclub eyes." Intrigued? My experience working in the club and restaurant had me talking with tons of customers, vendors and staff. Early on I became totally bored with the small talk part of the Hospitality business. I don't talk sports or politics so I was motivated to go deeper than small talk for meaningful conversation. It wasn't long before I discovered the power of speaking to people about themselves and specifically about their passions.

Looking into people's personalities for their special talents and character traits I learned the worth of steering the conversation around to their favorite subject - them! I discovered that coaxing perfect strangers (avoid the imperfect\* ones) to speak intimately of their favorite personal tales, and recognizing the character traits and talents beneath those stories, makes that person come alive right before your eyes. Everybody has a pride gland just waiting to sponsor a “how cool was that” story about something that rocked their world. Then what? Watch the passion; don't be distracted by the details.

Remember - your goal is not to understand the details of what they're saying, but to recognize the passion revealed in their presentation. Don't worry, the important parts will get through to you. The parts about their repeated failures, persistence, and eventual triumph along with the satisfaction, exhaustion, puzzlement, curiosity, delight, and amazement they encountered along the way will shine right through. You're listening to the music – their passion; don't fret that you can't remember or even understand some of the lyrics!

You may not understand a rodeo but you can relate to the human drama when you see one. You may not understand quantum physics, but you can relate to the human experience when you hear it. You must look to see the passion in the face of the rider; you must listen to hear the drama in the language of the scientist. The experts don't expect you to understand or even repeat back what they are saying. They only want you to enter into their experience and appreciate it. This is a truly intimate moment. Be sure to respect it.

"A man is already halfway in love with any woman who listens to him."

Brendan Francis

Don't ever be afraid to engage anyone in any topic they enjoy talking about. Look for opportunities to ask what excites them about their day, job, hobby, career or major. If they hesitate midway because of the length or depth of the subject, encourage them to continue so that they know it is really them that you are interested in. People will know you are great to talk to when you are an excellent listener. Excellent listeners are rare, always appreciated and highly valued. Be a great listener. It's another power win/win strategy.

Maybe your conversation will go something like this: "So John, what sorts of things are you most into? Like what you're really good at or really serious about – sports, art, science?" Then after listening carefully to his answer, "Oh really? So recall for me a situation where you thought you were going to crash and burn and you somehow turned it around and triumphed in spite of the odds... a time when you were *amazing*." (also in Appendix A)

These seemingly innocuous questions will drill down into a guy's psyche so fast you'll wish you had video taped his reaction for an instant replay. But in case you need to ask again and coax a little to give him time to search his database change the subject, because when he locates his favorite campfire stories you're in for a wild ride. Better yet, you'll get a revealing look at this guy's action machinery. It works on any guy, any age and any relationship. Put it on your key ring. Anytime you need to open a guy up, go for it! Guys love to tell gals about their triumphs as much as gals love looking at little baby's fingers and toes.

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*\*Imperfect strangers: A word to the wise...make contact only with random people who are clearly not in a position to take advantage of you now or later. Recognition can be a very powerful attractant. Heads-up! Use it on guys only after you get to know them as some may mistake it as an invitation.*

## Passion

### 27

## Technique

Locate his passion, and get him to tell you his favorite story about it. Can't locate his passion? Tell him one of yours to set his storytelling mind in motion. Suggest you're sitting around a campfire and people are telling jokes and stories, tales about challenges they've had, projects they've undertaken, trips that have gone bad, athletic events that started poorly but turned out great. Situations where extremes challenge a person to deal with the stark reality of success or failure usually unmask the teller. So have several favorite war stories of your own ready for these *just in case situations*.

But what will you learn if not the magic of sub-atomic particles or the "beat-the-clock" precision of pizza delivery? You will learn a variety of amazing things. You will see and hear the enthusiasm of victory or the despair born of defeat. You will begin to gauge the person's confidence and humor or lack thereof. You may even glimpse their honesty and integrity. There's always a surprise inside even if you don't understand the logic or the jargon. The great majority of the time you will relate to the human odyssey - people in search of their limits and sometimes even their dreams!

Whether or not you follow what they are saying, never pass up the opportunity to watch someone come alive. When they realize your lack of basic knowledge for their topic it will be too late, they will already admire your patient focus and take it as a great compliment that you suffered through so much to listen to *them*. You can't lose. Watch how they turn to learn all about this fascinating person (you), who admires them so much as to tolerate a whole harangue about a subject that you may know absolutely nothing about! Let them discover you are a person who loves the human drama and couldn't pass up a demonstration of their passion. You will strike them as a remarkable, even wise, person.

Traits are the facets on the diamond called personality. Honesty, integrity, courage, humor, sensitivity, sincerity, curiosity, and dependability are a few that come to mind. Like a jeweler's apprentice learns to familiarize them self

## Empowering College Women

with the features of precious stones, you must become familiar with the facets of personalities. You are planning to make a major investment when you align yourself for life with a man. If you expect to play music with this violin you will have to listen with an educated ear to the sounds it makes in response to your tweaking and plucking. "Educated" presumes preparation *before* examination. You need to acquire the skill before its time to use it.

“Everyday I’m building a fire. And everyday I train and add more fuel.  
And at just the right moment I light the match.”

Mia Hamm

## Physical Distractions

54

### Strategy

As you lie in bed at night, your hands behind your head, staring up at the stars printed on the bottom sheet hanging over the edge of your roommate's loft, you begin to focus on this new guy. You picture him in your mind's eye. You want to do some evaluating but find yourself thinking about the way he wrinkles his nose when he gets nervous. His physical self starts to work on you. By the third date you realize this guy's got you. You started out looking for a certain kind of guy, one that looks a certain way - a certain height, a certain hair, hands, and eyes. But you wind up being completely distracted by a different guy whose spirit lights up his whole being and sets your heart on fire. That's a great start. But suppose that's as good as it gets. Suppose there's a big zero hiding behind that magic facade? Suppose he winds up breaking your heart? Hey, it wouldn't be the first time a gal got fooled. What then?

"I hold it true, what'er befall;  
I feel it, when I sorrow most;  
'Tis better to have loved and lost  
Than never to have loved at all."

Alfred Lord Tennyson

How do you guard against falling in love with Mr. Almost? You have only one defense - *Recognize the bad traits before the blue eyes work their magic on you.* No matter how perceptive you've trained yourself to be, cupid may tag you before reality and all of the facts become clear. Love at first sight is cause for more than celebration – it's cause for alarm. How do you protect your heart? The truth is that you *can't* always protect it.

"We choose our joys and sorrows long before we experience them."

Kahlil Gibran

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### This Ain't the Next Rose Ceremony

You may have observed on *The Bachelor/ette* – the TV reality (or at least semi-reality) series where time constraints require one to rapidly summon one's feelings for the other person and announce them sooner than later. In television-land you have only a few, short dates – with cameras rolling – to amp-up your feelings or risk being perceived as emotionally distant by the one who would measure your sincerity and passion.

Hopefully the context of your romances won't be hyper-accelerated with cameras recording every breath as you rush your feelings to a hasty conclusion, summon your best courage, and blurt out a proper sound bite on how you are falling in love... all to avoid the risk of losing at the next rose ceremony. Whew, better stick to the real world!

"To fall in love is easy, even to remain in it is not difficult; our human  
loneliness is cause enough.

But it is a hard quest worth making to find a comrade through whose steady  
presence one becomes steadily the person one desires to be."

Anna Louise Strang

## Charisma

55

## Opportunity

Some people have such amazing charisma that their powers of attraction cannot be anticipated. The effects are sometimes immediate, and often prolonged. However, we can vaccinate you and accelerate your recovery... that is, once you regain consciousness! When you finally wake up and begin thinking rationally again, you will rapidly add things up. Remember? You've trained yourself to recognize what really matters.

Your ability to recognize positive traits will give you a perspective on what this guy is really worth to you. Add some courage and say your goodbyes. "Time's a wasting!" Somebody NEW AND SPECIAL is waiting to discover you and YOU may be keeping him waiting! Hoping to fall in love is good, but not, however, when applied to the wrong person. One must be willing to withdraw the wish and continue the hunt elsewhere.

In short, being in love doesn't make it right.

"A very small degree of hope is sufficient to cause the birth of love."  
Stendhal

## Recycle 'Em

56

### Strategy

“When I see a bird that walks like a duck and swims like a duck and quacks like a duck, I call that bird a duck.”

James Whitcomb Riley

**T**here are really only three stages to sorting-out guys: interviews, try-out dates and the relationship. So what to do when you realize that your love isn't right? You move on. You've seen it before... a girl or guy you know finally wakes up one day and dumps their other half. Their incompatibility was obvious to everyone, and you figure this strange bird is destined to walk the face of the earth lonely forever. But lo and behold, you spot him or her later with someone new, happy as can be. You observe them closely and realize they appear to be a perfect match. “Oh my gosh – who 'da thunk?”

It's likely alien spacecraft have crashed on earth over the millennium and therefore possible that their descendants.... okay, but you get the idea. Just goes to show that "one woman's bum is another woman's beau." Some people are just meant to be together. So hurry up and lose this slightly or terribly wrong guy. When? As soon as you realize you are not meant to be together. Remember, the quicker you sort 'em out, the sooner you meet Mr. Right. Don't worry... Your reject is someone else's Rembrandt.

Think galactically – recycle!

“Success is how high you bounce when you hit bottom.”  
General George Patton

"He conquers who endures." –Persius

## Exit Science

57

### Technique

"Illegitimus non carborundum."

"Don't let the bastards grind you down."

Gen. Joseph Stilwell

**S**o you're at the "just dating" or try-out date stage. Life's a breeze. In fact, you may be going out with several guys. Just have fun and pay particular attention to their character traits and talents. Are they compatible with you? If you want to get really scientific about this thing, which is a good idea when you start to feel confused, just get out the old legal pad and list their traits - all of them, one every other line. (see appendices in back for lists and ideas )

Rate each item on a scale of one to five. Put the score in the margin. Put the pad in the drawer and look at it again after you've had a good night's sleep. Are the ratings still fair? Okay, so how good does he look on paper? Chances are the emotional side of you has been failing to admit some of the things the logical side has been trying to bring to your attention. Or worse, the logical side of you has been in such control that it's not allowing you to feel anything for this guy. This is always a learning experience, and sometimes it greatly accelerates decisions. Try it. It's good to be in touch with your perceptions and your feelings.

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved."

Helen Keller

## Flattery Encouraged

### 83

#### Technique

**W**e're trained to avoid showing off or bragging about ourselves... but we do. I had never given it much thought before, but it seems the only time we're allowed to get away with flattering ourselves in public is when it's a spontaneous, emotional outbreak. After all, these gestures are just emotional, ego effervescing, as natural as a reflex hiccup and just as harmless! Take this exchange, for example with a top waitress.

Security: "You should have seen Chris last night "lose" the table of rowdies from her section with the proclamation it was free cover and amateur night at the gentleman's club on the south side of town. Ha! They just chugged their beers and had vanished by the time Cuddy and Doug showed up to move them out the door."

Chris: "Oh my gosh, you guys... I was like at the top of my game last night! I'm serious! I was smokin' hot. I was carrying three pitchers overhead in each hand and just blowing through the crowd like I was on rollerblades. Wow! Last night was awesome!"

Boasts are usually stuff people would never plan to say... and yet there's an obvious place for it. The more I heard our staff call attention in a proud yet exuberant way to their victories, the more I realized they'd created a real breakthrough for themselves. It's a wonderful method for reinforcing positive behavior - something we all need and it delighted the people who respected them. What a remarkable combination!

"The supreme happiness in life is the conviction that we are loved - loved for ourselves, or rather, loved in spite of ourselves."

Victor Hugo

## Feather Your Nest

84

### Strategy

**W**e were not individuals; we were a team. We were a crew in the hospitality business, the people business. We cared for each other. We were as one. One person's triumph was everyone's triumph, from anything as silly as being the first one to figure out how to get the new style lids off the huge maraschino cherry jars with wet hands, to being against-the-odds accurate on the cash register during a monster night in sales. One person's pride was everyone's pride. That was one benefit - feathering the group nest with bright little ribbons and bows.

Another was the immediate gratification we get from recognition after doing something well, no matter how small, from someone who cares and can relate. The more someone cares, the more gratifying the reward becomes. This in turn enhances feelings of self worth. It's a slightly different approach to the golden chain reaction. But who cares who sets the thing off as long as you just moved a little closer to a life goal or contributed a small spin to the gyroscope of your personal equilibrium.

Good news can be a wonderful thing. You never know when the other person needs to hear some, to be reassured that they are okay. With everything else that may have happened that day, you triumphed in some small or large way, and you retained your sense of joy for the event. Because they know you and love you, they must admire you. Some of their values are, therefore, alive in *you*. If you triumph *they triumph*, and their life didn't stand still today. It moved ahead because of you! Old Chinese proverbs that speak of great journeys "...presumes both traveling companions experience movement, together."

Our lives only move ahead on the backs of our triumphs. If we are attempting to travel as a team, it will be important to come along together by sharing our triumphs. Leaving our traveling companions behind on a trip is unthinkable, even if it is only one inch behind. Sometimes a day's progress only amounts to an inch. Sometimes a day's triumph only amounts

to a cherry jar lid's challenge. What can it matter? If life's road is measured in miles and miles are measured in feet and feet are measured in inches, can you afford not to share that inch with a weary stranger who will share their ride with you tomorrow? Then you cannot afford to deny a ride to the one you love today. The blues occupy voids, so instead fill them with joy, no matter the portion size. A little goes a long way!

Share your triumphs! They move us forward and give us an extra helping of self worth to defray the inevitable moments that tear us down.

## Robust Self Worth

### 85

#### Technique

**B**e assured there is a stark difference between a healthy, vibrant self image and the sick pomposity of the over-inflated egomaniac whose boasts do not compare favorably with his or her reality. Honest self appraisal is unknown to this narcissistic, self absorbed, haughty, conceited, hollow, shadow of a person. Their ability to engage in constant self inflation in the face of obvious surrounding character deficits is a sight to behold. Do not confuse people who accent their dress with the color red for the matador entirely dressed in red, who for reasons of machismo surrounds himself with bull. Check out the different types of “accenting” happening in the episodes below.

#### Clever and Persistent

Security (sweeping) to Opening Bartender (mopping): "Hey, did that drummer in the band eat all your fruit again? I could use an orange wedge or two or nine!"

Opening Bartender: "Yes, and you can also have a mouthful of maraschinos 'cause my clever self figured out how to get the lid off solo!"

(The previous night it took two security to get the lid off, and then they dropped the huge jar – wet fingers)

Other Bartender hearing Opening Bartender: "Ooh, I tried all Friday night. You are the “baddest” bartender in the valley!"

Opening Bartender: "I am too! Ha!"

The opportunities for sharing "life's ride" with your guy are endless, but they all have one thing in common. You should always be riding proud in one of your shining traits. The bartender in this example “whipped around the block” one more time, for all of us to see in her magnificent Clever

Splendor. She got lots of ooh's and ahs too! That was an "after the fact" example but we all enjoyed it. She demonstrated that she deserves an "A" for effort. She also proved once again how clever she is.

### Honesty

You to Checkout Clerk: "Excuse me, but I think you gave me the wrong change. That was a ten I gave you, not a twenty."

Checkout Clerk: "Wow, thank you!"

You turning to boyfriend with a cute wink: "See how I am?"

### Sensitivity

Boyfriend to you: "Hey thanks for not telling the guys at the bowling alley tonight about that great job offer you got from IBM. I know it was on your mind all night."

You (hand on his shoulder): "I knew it might make your old roommate feel a little funny because he said earlier he still hadn't heard back from them yet."

Boyfriend: "I never feel funny when I'm with you, only thrilled, See how you are!"

**Pop quiz:** That exchange was about a) communication, b) exhilaration, c) recognition, d) accommodation, e) admiration, f) harmony, or g) all of the above. If you said "g" *you're* the "baddest" in the valley. See how *you are!*

## Guts 86 Technique

**Y**ou must be bold enough to stand up and be counted for what you believe in, in front of someone you may be planning on loving, or hey, maybe you already do. Ya gotta do it. Don't just sit around coffee shops telling each other about your beliefs and values – point them out when they appear in either one of you. Frame it and take or give credit for it. He'll know when it's real, and it will reinforce his inclination to share his special inner being with you.

This whole dating thing is really one big exam question with the entire grade riding on, "Compare and contrast each other's values." So what do you want him to remember? You better etch it in his brain. You want him to see who and what you represent. You want him to recognize what makes you special. You want him to be certain about what makes you tick so he can figure out, anytime and anywhere, what will grow you. Remember, you're picking out someone who is supposed to help enable you to evolve into your best self. You'd better give your duet partner more than just a glimpse of your strings if he's to gain an insight into your concert sound. You better point out just which strings are responsible for which notes.

The important idea here is to shine the spotlight on your best performances the second they happen. Who knows when that will be? Life is spontaneous, so do what you feel and watch your cool behavior emerge! Then be ready to take credit for it with a, "That was me!" Don't be afraid to take credit for what makes you the special person you are.

If you fail to communicate your identity the person who is looking to find their match may not recognize you and so... move on to someone else. Or worse... they may mistakenly become attracted to something you're not! Don't promote cross-eyedness in men.

"I saw the angel in the marble and carved until I set him free."

Michelangelo Buonarroti

## Naked Like a Sand Bar

87

### Technique

**Y**ou're like a person shipwrecked alone on a palm tree covered, tropical island when you act or look like something that doesn't mirror the real you. You're attractive, but, thus camouflaged, you must light fires, put notes in bottles and spell out your presence in the rocks on the beach if you wish to be seen by passing ships – that is, guys that are your match. On the other hand, you could swim across to the sand bar where your presence would be obvious. Remove all behavior that in any way would cover up or distract another from recognizing who you really are. What behaviors might you be engaging in that would fool your rescuer?

Whatever they are, there's a very good chance you've constructed them to hide behind. We're all a little insecure. Welcome to the human race! Some are more so than others. Usually a harsh exterior indicates we're too sensitive for our environment - like the lobster. We're delicate in a hostile ocean, so we develop a hard plastic-like shell to behave around in. Or we've been abused, so we withdraw quickly like the turtle when a stranger approaches.

No matter your personal survival plan, take care to reveal your inner self when you are confident the one whose presence you share is not part of the problem but part of the solution. Musically speaking, every moment you emit classical tones when in fact you are a jazz stylist prolongs your recognition, and worse, attracts the wrong audience.

Step one: start acting and dressing like you. Let your essence be reflected in the spirit of your look and actions.

Step two: reveal your passions and your dreams once you establish trust.

What behaviors might you be engaging in that would fool your rescuer?