

Best of Reggie's Weekly Wake-Up Messages

Good Day! This is your WEEKLY WAKE-UP message with encouraging words and reminders of our programming for the week.

Hugh Sidey was an American journalist who worked for *Life* and *Time* magazines in the mid 1950s. He said:

“A sense of humor... is needed armor. Joy in one's heart and some laughter on one's lips is a sign that the person down deep has a pretty good grasp of life.”

It is so important to keep a sense of humor about you. Whether it's standing in line at the grocery store, driving in 5:00 traffic, or going on vacation with your family...it's important to laugh – or to at least recognize that we have little control over many of our day to day life experiences. That is a good thing. We must smile once in awhile to remind ourselves that we are learning as we grow. There comes a time when the smile holds with it a dozen memories of a time like this before – one in which we behaved badly, acted rudely, was the person on the other side of the experience, or just plain didn't know WHAT to do. Now we know or remember what we said we would do...and perhaps that is to simply laugh and be grateful that we remembered to do so. Let others see your joy. Teach them to do the same in both good and bad situations. Model a colorful spirit made up of childhood and maturity, of patience and exuberance, of knowing. This week, remember to keep a sense of humor about you. It can be as simple as a smirk. Rediscover your sense of humor; it's a major defense during the minor troubles of life!

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CS Lewis once said:

*“Friendship is born at that moment when one person says to another:
“What! You, too? Thought I was the only one.”*

This week we encourage you to connect with someone new. There is a wonderful feeling that clings to your heart when you meet a person who is interested in your story; who wishes you well; or who asks you how you are and really means it. New friendships can be refreshing and what better time than SPRING to plant a new seed of connection? Remember to reach out and connect with someone new this week – they may know EXACTLY how you feel!

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Good Day! This is Reg with your WEEKLY WAKE-UP message with encouraging words and reminders of our programming for the week.

Alan Cohen, Author and Speaker said:

“It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement there is life, and in change there is power.”

Are you feeling powerful today? Are you in the midst of a change? New beginnings? New endings? New adventures? What do you do to summon courage? Think about a time in your life when you felt courageous; what did it look like, sound like, feel like? Were you surrounded by friends and family? Were you alone? This week, we encourage you to remember what helps you find and use courage. We all have it inside us, but perhaps each of us has a unique and special technique that helps it surface. Today, you need that courage; there will be a reason to use it, rely on it, remember it, or share it. For some, it may be helpful in order to say hello to a neighbor. For others, to advocate for themselves and follow their dreams. We understand that simply getting out of bed some days is a courageous act – but you do it! Good for all of us as we embrace our courage, our spirit to move onward, and our desire to continually improve our life experience! Think about how strong you are, how far you’ve come and the lessons you have learned! Therein lies your courage! Remember to tap into your COURAGE this week – find a way to use it in a positive way and in a way that benefits your own life or someone else’s life. The power is in you.

In reviewing some writings from the book Tuesdays with Morrie, a message popped out – it was a story about how Morrie took time to recognize individuals that other people overlooked through the simple power of “Hello.”

How many times have you approached someone you THOUGHT was a store clerk, blurted out a question, and been embarrassed to discover that they, in fact, did not work at the store?

You know what would prevent that? Saying "hello." Yes, you can say, "Hello. Excuse me? May I ask a question about where to find something in the store?" I can promise they will be so much less offended if you GREET them first. :) We engage in this behavior often in our society today – it’s the IMMEDIACY factor. We want information and we want it now.

But we all need recognition. We need to feel that we matter. Every human being has a basic and natural desire to be acknowledged as significant. And we can give some of this significance to others simply by greeting them properly. This week, we encourage you to stop, take a breath, smile, and say hello before you ask that question, request something of a colleague, or even send the kids off to do a chore. It’s so important to recognize that we are living together and we need each other to do that well. *Remember to put more thought into how and when we say hello to someone. Think about what a difference it would make in YOUR day!*