



The business of thankfulness...from Independence Pass, Aspen



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Every November, I extend an additional serving of gratitude to everyone in my life – business and personal. I do it because it falls into the category of **Best Practices**, for me. Some of this is the result of my upbringing. My parents were people who knew the value of life, excelling in business, and taking the time to be openly expressive in a very genuine manner about the appreciation they felt for everything they had. *Every* thing.

Some of these practices are the result of the decades that I have spent being a psychologist; there are consistent themes that I witness with clients. It doesn't matter if the client is a business, family, or individual – people suffer from feeling unappreciated and that feeling is rampant here in America. When human beings feel as though they have little or no value, they become depressed and irritable.

The question here is – how often does your self-talk include sincere recognition that you are indeed a valuable person? It's an important exercise and when you are positive with your *self*, it influences your perspective and boosts motivation, inspiration, achievement, and success. When you feel good, it is contagious and you have the capacity to make others feel appreciated – which then boosts their self esteem, self image, and self worth. Imagine how productive the country can be (let alone your business and your personal relationships) if we all engage in this activity?!

It's November, take a moment to appreciate who you are, what your talents include, and join me in this business of being thankful. And if you need a boost, get in touch with me – we'll make it happen.

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