

## How to Spring Forward

As business owners, managers and professionals, we all want to spring forward and grow. During this Spring season, many people are excited about the blessings of warmer weather, chirping birds and beautiful flowers. What can you do today to quickly **SPRING** forward? The following are 6 suggestions on how you can **SPRING** forward:

1. **S**mile often - smile with family members, coworkers, clients, bosses and yes, even strangers. When they smile back at you it will be like sunshine to you as it is to the flowers' growth
2. **P**ositive attitude - be positive towards positive growth. Maya Angelou, who is hailed as one of the great voices of contemporary literature, says, "What you're supposed to do when you don't like a thing is change it. If you can't change it, change the way you think about it. Don't complain."
3. **R**eflect on your accomplishments - build on your strengths to quickly move upwards and forward like the little mustard seed that becomes the biggest tree
4. **I**nvest in you - take time to exercise your body, mind and spirit to grow like the beautiful spring flowers
5. **N**o nonsense - say "NO" when necessary so that you can focus on your goals and priorities for you to overcome your obstacles like the flowers that resist the wind
6. **G**ive generously - give to those in need and quickly build up your "favor account". This will be handy as you grow and need additional help like the flowers that need to be watered

Contact us today at **732.394.0406** or [www.positiveactions.com](http://www.positiveactions.com) if you need additional information on our "Positive Attitude for Productivity Improvement" workshop. Don't delay! **SPRING** forward today and enjoy your blessings!

About the Author: Rosemarie Strawn is a Motivational Speaker and Corporate Trainer with over 15 years experience in Productivity Improvement. She has integrated her strong corporate Managerial and Technical expertise to develop comprehensive training solutions. Also, Ms. Strawn provides Public Speaking Coaching to increase sales and customer satisfaction.

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