

Living With Intention | November 23, 2005 Volume 2, Issue 6 | [Subscribe](#)

A Note from Deanna

Thank you for your commitment to *Living With Intention*!

So many exciting things to share, so little e-zine space. I'll do my best to be brief, but I'm having a joy seizure right now, bursting with excitement to share with you a couple of very cool developments in my life.

- 1) My new book, *Living With Intention: Designing a Wildly Fulfilling and Remarkably Successful Life*, will be available next Tuesday, November 29th! We are conducting a huge campaign that day to try to reach the bestseller list on both Amazon.com and Barnesandnoble.com—no small task, but we're up to the challenge. Oh, and we need your help! Anyone who purchases the book that day will have immediate access to a phenomenal library of free personal and professional development resources from experts like Jack Canfield (bestselling author of *The Success Principles* and the *Chicken Soup for the Soul* series), Cherie Carter-Scott (author of *If Life is a Game, These are the Rules*), and Hale Dwoskin (bestselling author of *The Sedona Method*), among others.



Please mark your calendar and log onto www.deannadavis.net on Tuesday, November 29th to reserve your copy of *Living With Intention*, as well as hundreds of dollars in complementary bonus gifts. You will receive a special notice reminding you of this campaign...please share it with anyone you know who deserves to live a wildly fulfilling and remarkably successful life. We would love your help to make this dream a reality. Watch your inbox on Tuesday for all the details!

- 2) It's official. Add "blogger" to my bio. Thanks to my exquisitely talented virtual assistant, Cynthia, I have just launched my Living With Intention blog (or "web log" for those of you who are unfamiliar with the term, as I was until recently!). It's part information, part humorous musings on my perpetual life struggles and adventures, and part journal. Yes, you, too, can listen in on the somewhat confusing banter that infiltrates my brain on a regular basis. Sound intriguing? Disturbing? Interesting enough to take a look? Just visit http://deannadavis.typepad.com/living_with_intention/. In particular, take a look at the first entry (November 18th) for a quick overview of my benign, near-meltdown the day before my book signing. Share your comments as you see fit. Looking forward to seeing you in blog-land.

In this issue of *Living With Intention*, I'd like to share a quick story about the single most important aspect of living a wildly fulfilling and remarkably successful life—a powerful perspective. The second article today focuses on the unbelievable success that can be yours when you *just ask*. And, don't miss out on a few other ways to create a life you love.

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Deanna Davis, PhD
deanna@appliedinsight.net
www.appliedinsight.net

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Ideas for a Wildly Fulfilling Life... Powerful Perspective

It was a glorious Mother's Day morning when I realized how powerfully perspective can frame a situation. I had been awakened to a lovely breakfast in bed, provided by my husband Michael and my one-year-old daughter Malina, and had been treated like a queen all morning. It all seemed decadent and delightful to me. As the morning wore on, though, I started feeling a little under the weather. I was convinced I would shake it off, so I continued to celebrate my special day with my little girl and sent my husband out for a jog. Moments later, tragically and unexpectedly, it hit me. I lamented my fate when I succumbed to the fact that I had sadly acquired a full-fledged case of the stomach flu. I'll spare you the details (yes, you can safely continue reading), but rest assured that what ensued was not pretty. I tried to wait it out, fake it out, block it out, but that feisty little virus wouldn't relent. It gradually overtook my resolve to prove I was invincible.

Now, my daughter, age one at the time, had never been privy to such a sad display of misfortune. As such, the experience was a bit unpleasant for her, and, as you can guess, for me. I counted the minutes until my husband would return so I could pass the parenting torch to him before crawling into the dark solace of my bedroom to brood. He returned home to find us upstairs, me in a heap on the floor and Malina sitting next to me, patting my back and offering toddler-brand comfort. He quickly assessed the situation and stepped in to help, gently saying, "Malina, let's go downstairs and play now. Mommy doesn't feel good and she needs to rest."

She looked down at me, up at him, and back down at me. She then threw a rather knowing glance in his direction and said, without hesitation, "Mommy's been drinking out of the toilet." She said it with this underlying tone that suggested, "Dad, just between you and me, I'm thinking she'd feel a heck of a lot better if she didn't drink out of the toilet." It took me a moment to realize what she had just shared. I started laughing harder than I thought possible, given my less than favorable circumstance. My husband did the same. So did Malina, who, beneath her giggles, seemed to be saying, "Yeah, yuck it up all you want, but you and I both know what caused this. Get your act together."

After clawing my way back to health, I realized how well this incident illustrated the power of your perspective in any situation. From *my* perspective, I had been enrolled in the germ-of-the-month-club without my consent, and it was wreaking havoc on my idyllic image of and desire for what Mothers' Day should be. From *Malina's* perspective, I was making an ill-advised decision to do something I had adamantly advised her against. Drinking out of the toilet is against the rules. It's just not a good idea, no matter how thirsty you are.

I started thinking about the wide array of things that can color your perspective and, subsequently, your experience in life. True, your past experiences and current vantage point will always impact your version of reality, just as they did with Malina and I that day. My life experience had taught me what it meant to have the flu, and from my vantage point, it was tragically very clear what was happening. Her life experience had given her no such basis from which to assess the situation, and she was quite convinced that drinking out of the toilet was simply a bad idea that I was now paying for. Dearly, I might add.

There are many other things that can impact your perspective besides past experiences and current vantage points. A powerful perspective requires that you learn, with each experience, that sometimes what you *think* you see is wholly inaccurate. It's also about asking good questions and making conscious decisions about how you choose to view the world and your place in it. It's about using proven ways to adopt a powerful perspective—like choosing an outlook of optimism, practicing gratitude, and finding meaning in all you do—that will set the stage for living the life of your dreams.

Take a look at books like Martin Seligman's *Authentic Happiness*, Cherie Carter-Scott's *Negaholics: How To Overcome Negativity and Turn Your Life Around*, Viktor Frankl's *Man's*

Search for Meaning, and my own book, *Living With Intention*, for an array of ideas that can help you adopt a powerful perspective.

Even if each *day* doesn't necessarily measure up to your standards (like Mother's Day didn't for me that year), the *grand total* of your days can be anything you want it to be, given thought, choice, and a powerful perspective. How can you create those thoughts, choices, and perspectives in your life? All it takes is *awareness* and *action* to make your present and your future a remarkably different experience than your past.

Ideas for A Remarkably Successful Life... Just Ask

As I have been joyously—although madly—preparing for my book launch and promotional campaign, I realized that there is an unbelievably powerful success tool out there that everyone has access to, but few people actually capitalize on in an effective way. That is the ability to “just ask.”

I have been literally stunned by the cadre of supportive people out there who seemed to be eagerly waiting by the phone for my call so that they could sign on to help me with my book promotion. These are people who really didn't *need* to give me the time of day. Rather, they are people who simply love what they do, are passionate about helping others, and who resolutely just want to share in the spirit of giving that makes the world a better—and more productive—place to live.

So many people are afraid to ask for help, for fear of looking stupid, seeming needy, or because they don't want to be turned down. The fact of the matter is that all successful people have been where you are...they started somewhere, and someone at some point offered them the support, mentorship, or encouragement they needed to take the next step toward their destiny. As such, they're often pleased to help others who can benefit from their expertise. What does it take to effectively ask for help? Not much...all you need is:

- 1) ***A great attitude and honest commitment to creating a win-win opportunity both for you and for them.*** If you are asking for their help, how might you offer to support them? You would be surprised at the extensive value you can provide to people through your knowledge, network of contacts, energy, creativity, or other “no-cost” resources. Look for ways that you can offer a resource in exchange for a resource.
- 2) ***The clear understanding that sometimes people will, indeed, say “no” (although it's remarkably less often than you think it will be).*** In those cases, truly successful people simply say, “Big deal. I'm no worse off than when I asked the question. I'll try someone else, or I'll make this request at a different time, because sometimes, ‘no’ simply means ‘not right now.’” Remember that so-called “rejection” is really a neutral experience when you look at it. If you ask someone for support and don't get it, you're no better or worse off than before you posed the request. So keep trying until the scales tip in your favor towards the “better off” side of things!
- 3) ***An iron-clad intention to secure support or resources.*** Recall that the definition of intention is “a determination to act in a certain way.” Intention requires both *deciding* to seek support and *doing everything you can* (in respectful, creative ways) to secure it. So, set the intention, take the action, and see what magic ensues.
- 4) ***A spirit of positive connection, good will, respect, and energy.*** People respond to honest requests that are filled with integrity and possibility. You don't need to be as polished as you do polite, and you don't need to be as sophisticated as you do sincere. A genuine, heartfelt appeal will win people over nearly every time and pave the way for unprecedented success.

Give these ideas a try and see for yourself how very simple it can be to ask, to give, and to receive.

Resources That Will Change Your Life

In the spirit of the last story, I will simply make one last, heartfelt appeal for your support and help in spreading the word about the *Living With Intention* book campaign on Tuesday, November 29th. This book was a labor of love and the culmination of a lifetime dream for me, and I want to help as many people as possible with the information and inspiration it contains. I will also be donating a portion of the proceeds to two marvelous charitable causes, so by helping yourself to this new resource, you will also be helping others. Thanks in advance for any assistance you might provide! See you on Tuesday, November 29th, at www.deannadavis.net.

Women Making a Difference... Ideas to Help You Thrive

Poetry, Art, and Life Wisdom
By Mary Anne Radmacher

As many of you know, my book was founded in part on an unforgettable and thoroughly thought-provoking poem called *Live With Intention*, by Mary Anne Radmacher. I will share the words of this now world-famous poem with you here, and emphatically encourage you to visit Mary Anne's site, www.maryanneradmacher.com, for more information about her truly inspiring and life-changing work. If you have holiday shopping to do, New Years' Resolutions to keep, or treasured people to connect with, Mary Anne's words and artistic representations are the perfect fit. My sincere thanks to Mary Anne for her kindness, spirit, wisdom, and support. To all of my phenomenal readers, please accept this gift of her words and allow them to guide your transition from this year into the next:

live with intention.

walk to the edge.

listen hard.

laugh.

practice wellness.

play with abandon.

continue to learn.

appreciate your friends.

choose with no regret.

live as if

this is all there is.

-mary anne radmacher-

Best wishes for a blissful holiday season and many thanks for your support of my passion and my work!

Deanna Davis, PhD
deanna@appliedinsight.net
www.appliedinsight.net



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Published by Deanna Davis, PhD, co-owner of Applied Insight. Deanna is a life and business coach, professional speaker and writer who helps people design wildly fulfilling and remarkably successful lives - on their own terms. Deanna is an admitted laughaholic and a strong proponent of adding chocolate as a key component of the USDA Food Pyramid. For information about her professional speaking and coaching services, contact Deanna at deanna@appliedinsight.net

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Applied Insight
104 S. Freya St., Turquoise Flag Building #226-B
Spokane, Washington 99202