

Y.O.U.

**Set a
High Standard
for
Being Human**

By Bonnie Ross-Parker

Y.O.U.
Set a High Standard for Being Human

The Joy of Connecting
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Foreword

Life is a journey. Each of our lives is a reflection of the experiences we have, the people we meet, the thoughts we consider and the feelings we embrace.

Life is meant to be shared. No one chooses to travel life alone. Joy is in the shared journey. It's those opportunities we say "Yes" to, the people we meet or invite along the way, and the "ah ha" moments that awaken us to a new way of looking at something familiar. Our journeys continue day to day, as one experience follows another. The journey embraces people who impact us, circumstances and changes we can't control, the choices and decisions we make and the effect of those actions over time. The road is comprised of trial and error, risks and opportunities, pleasure and disappointment.

The word "*our*" lies within the word "*journey*". I wrote, "*Y.O.U. Set A High Standard for Being Human*" to strengthen the realization that our journey impacts others and the journey of others impacts our own. How we conduct ourselves and the value we place on our relationships determine the quality of our life. Consider embracing and implementing these standards with everyone and in every situation. I invite you to set an example of what is possible when we truly live our lives appreciating one another. Together, we can grow the global heart. It starts with *Y.O.U.*

Bonnie Ross-Parker
October, 2004

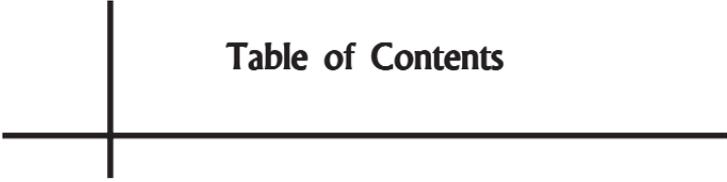


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Joy Of Connecting

“To me success means effectiveness in the world, that I am able to carry my ideas and values into the world—that I am able to change it in positive ways.”

Maxine Hong Kingston

Deliberately Share Your Gifts With Others



“I encourage others to attend networking events.”

All of us have gifts that we possess that can be shared over and over with others. What is your gift?

Think about what you have to offer and how you can share with someone. Sometimes just giving to others straight from your heart will inspire and enrich your own life.

Here are some ways that you can support others in their journey.

Be a Mentor

- Volunteer at local organizations or community programs to mentor others in a skill or expertise that you possess.
- Sign up in your local education system to support young people in the challenges of life or education.

- Check out your local university or college career programs for mentoring opportunities.
- Mentor a co-worker.

Request Permission to Offer Ideas and Suggestions

- At times you may be eager to share your observations or insight. Always get permission before sharing. You will find that when first you ask permission it will be viewed as a kind request and an opportunity to support someone.
- Simply say “May I share a suggestion?” Or “Are you interested in some observations?” Or “May I share my story with you about.?”

Share Experiences That Can Help Another’s Journey

Tell your story. Everyone has a story. Many people believe their life is insignificant and pass up opportunities to share challenges and how they over came them. Tell a story of joy and success and lift up the spirit of others. Stories give people encouragement.

Provide Resources — Let Others Know About Your Best Contacts and Resources

- When you find a good service refer it to others. That's one way to show your appreciation for valuable services rendered and provide support.

- Maintain a list of the best web sites in your industry. Willingly share your database of business or networking opportunities.

- Make a list of your favorite books and how they helped you.

- Send newspaper or magazine articles to associates that might benefit from them.

- Give testimonials on any seminar or workshop you attended and it's value.

*What Five Steps Can You Take to
Deliberately Share Your Gifts With
Others?*

Action Steps: