

Life is simple...Loop 'n' pull

“Live simply, sexy and bold!”

--Rose A. Weinberg, Wellness Expert, Author, Inspired Speaker

From the time I was a kid, every adult, from my parents to my teachers, made life complicated. Adults complicate life, adults complicate kids, and kids grow up to be complicated adults. I've been trying to undo the complicated for 50-plus years. Why? Because life really is stupid simple.

As I was giving out a copy of my first book titled *Go Forward*, I took a moment with it, and reread some pages for the umpteenth time. OMG! My life used to be so fearful, panic driven, crazy and complicated. That was the moment when I got...“Keep it stupid simple!” Everything I ever wanted to do (even learning how to tie my shoes), someone tried to teach me a difficult way to accomplish such a simple task. Those crazy rabbit ears were such a distraction. It took me a couple days and then I simply got just loop 'n' pull!

Simple feelgood-insight #3: KISS = Keep it simple stupid, or as I see it, “Keep it stupid simple!”

birth, death 'n' do-overs!

“Think of each day as if it's your last. Live each day as if it's your first. Create your 'now,' you can't screw up!”

--Rose A. Weinberg, Wellness Expert, Author, Inspired Speaker, Energy Philanthropist

Somewhere between birth and death, things get complicated. For me, somewhere between birth and yesterday, things got complicated. Yesterday, for me, represents who I was when I feared leaving my house. Life, although simple, has tough moments, especially when we work at transforming ourselves. The reality is that no matter how transformed we become, we still catch glimpses of our complicated crazy adult self. Did you ever wish your life were filled with “do-overs,” like a mulligan in golf?

Don't yearn for a second chance; learn from your complicated choices. Choices are lessons in the game of life! Value them as we value ourselves — the good, the bad, and the ugly! Being stuck in a “mulligan” is complicated. Learning from our lessons brings opportunities to see our choices. That's empowering. From infancy to our very last breath, we have the opportunity to learn, grow and become!

Today humbly, I see my good, bad and ugly and that is a simple success and I contribute this to crazy hard work, my passion and my childlike optimism.

I view myself as an Energy Philanthropist. I have an abundance of energy and I share it everyday with everyone I meet. But there have been those days, where the energy felt depleted and like a true philanthropist success is in replenishing the means of whatever it is you share 24/7. The feelgood-insights I

share daily are what I discovered as a means of tapping in to replenish my energy to have a full tank, so that I can give in the most opportune way and fulfill my life's purpose!

I am grateful for everything in my life, especially all of the times my crazy, complicated adult self pushed me over a cliff, left me dangling in mid-air to work through my stuff, until I got the simple child-like feelgood-insight that would transform my life forever. "Keep it stupid simple!"

I believe in our connection; person-to-person, community-to-community, sharing simple love, simple smiles and the touch of our uniqueness making a difference.

Simple feelgood-insight #6: Simply be grateful for everything, the good, the bad and the ugly! Oh, and don't forget to have fun!

Chapter 15

the power of the #grade3smile

"A laugh is a smile that bursts." --Mary H. Waldrip, Author

Smiling increases our endorphin levels and makes us feel happy. Even if we smile at ourselves, our happy hormones kick in and leave us feeling good. Remember photo day in grade three? The photographer said something silly like, "Say cheeeeeeeese..." and you smile so big that it took over your little face. Try smiling like that today. Smile big. Allow your smile to be your whole face!

Now, walk up to someone you may or may not know and smile big, allow your light to shine through. Share some light with others through your beautiful smile.

The other day my daughter Staci was shopping and she randomly smiled at a man across the store. Seconds later, he approached her and thanked her for her smile.

A smile is very powerful, and the power of the #grade3smile can change the world. Think about it. Smile at yourself every morning in the mirror. Then, take that smile and greet your family members, co-workers, friends or strangers on the street.

Walk into work with your #grade3smile, smile at the security guard and smile at anyone who passes your way. Then, watch as those people receive your smile, they in turn will share their #grade3smile. Share your #grade3smile every chance you get and pay it forward. Share it with someone you like and even someone you don't like. Make a difference.

Simple feelgood-insight #15: Believe in the power of the #grade3smile! Smile it forward!