Don’t Be Afraid

To Enjoy Life

Love the life you are living!

A special program designed for:

Mid-South Medical Group Management Association

May 20, 2010

Presented by

Sandy Griffin

7024 Sugarplum Road
Nashville, TN 37211
Phone: 615.339.3100
sandy@sandygriffin.com
www.sandygriffin.com
Don’t Be Afraid to Enjoy Life
6 ways to love the life you are living

1. Choose Your Attitude
   • Dance or Shuffle
   • Afraid to Dance
   • Your Dance

2. Live In The Moment
   • The past vs. the present
   • Life’s lessons
   • Using your 5 senses
Don’t Be Afraid to Enjoy Life
6 ways to love the life you are living

Things Are Not Always as They Appear

Gratitude

- Change Expectations
- Find What You Are Looking For – and More!
- Gratitude Challenge
Don’t Be Afraid to Enjoy Life
6 ways to love the life you are living

Celebrate Everything!

• Headlines
• Days you celebrate – Valentine’s, Birthdays, Mother’s and Father’s Day, Christmas
• Make ordinary days ‘extra’-ordinary

Don’t Be Afraid to Enjoy Life
6 ways to love the life you are living

Humor: the Relationship Connector

• I love to laugh
• Humor – Funny – Laughter
• Connecting with humor
• Health Benefits
• Life’s mishaps
• Props
I want to thank you for the opportunity to teach, inspire and entertain you. Time is precious and I do not take it lightly that I had your attention (hopefully!) for 90 minutes. My wish: that each one of you takes time for yourself and enjoys all that your life has to offer.

Please take a peek at my website: [www.sandygriffin.com](http://www.sandygriffin.com)
Email me any comments at: [sandy@sandygriffin.com](mailto:sandy@sandygriffin.com)
Call: 615.339.3100

For coaching (by phone), speaking, email coaching (or by Skype) please contact me to continue on your journey to live the life you were created to live.

*Sandy Griffin...Helping people change lives!*