

Sandy Griffin

Speaker, Life Coach, Author

National Speaker Association President of Tennessee

"Helping People Change Lives"



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

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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



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2. Live In The Moment



- The past vs. the present
- Life's lessons
- Using your 5 senses

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Things Are Not

Always

as They Appear

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Gratitude



- Change Expectations
- Find What You Are Looking For – and More!
- Gratitude Challenge

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Celebrate Everything!



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

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Humor: the Relationship Connector

- I love to laugh
- Humor – Funny – Laughter
- Connecting with humor
- Health Benefits
- Life's mishaps
- Props



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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

Email me any comments at: 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!](#)