

## Celebrate being ordinary\*



The book, *Uncovering Treasures That Matter* (see [TreasuresThatMatter.com](http://TreasuresThatMatter.com)), has been and continues to be well-received worldwide.

Thank you for your curiosity and interest.

As a small thank you, I offer you *a new theme*\*: **Celebrate being ordinary** (from my upcoming book, *Connecting*). Many of us will spend time at holiday gatherings in conversations with a broader range of people than at other times of the year. Here are some questions to carry with you if you prefer to have more intentional holiday conversations, choose to write about for yourself, may offer in your work, or let perk inside of you. Many of us will have time alone during the holiday season, by choice or not, more or less than we might prefer. I offer these ideas as a chance to reflect, have a guided pause, notice, and celebrate what is or isn't at this time of your life when alone, with limited contacts, or in a crowd.

## Celebrate being ordinary

*What does celebrating being ordinary even mean?*

A relief. A break in the action. Familiar. Easy. Comfortable. Limited. Boring. Not okay. Known. A safe place to land. Is it always good? Ever good? Always bad? Never bad?

Is celebrating being ordinary a skill you have, wish for, want, or need? Is it appealing, off-putting, only a default option? Has anyone modeled it for you in a positive light, in a negative way?

*Ordinary questions.*

What is simple or ordinary in your life that makes for a good day?

What small or very small ordinary thing happened this year that makes you smile when you remember it?

What is a modest change, under five minutes and under \$5, that would make your life better, starting today or maybe tomorrow?

What or who matters to you today?

When you put your head on the pillow, what is your last thought of the day? What do you wish it would be? In your world, is an ordinary thought or idea desirable or not?

If you spent just a few minutes each day doing something ordinary that you could count on for good feelings, what would that be—a thought, an action or behavior, a good deed, being still, or something else?

**Don't miss it. Notice it. What we notice gets bigger.**

*Whatever we notice gets bigger. What ordinary something would you like to notice today? That smile on the three-year-old's face when she ate mashed potatoes? The older dog with arthritis with whom you made eye contact, communed with for a moment?*

The high achievers among us strive, stretch, push, and excel. Without a moment of judgment about the choice to be and do all you can do, perhaps noticing and celebrating what is ordinary is equally valuable or even more precious. *Consider celebrating what is simple, routine, or ordinary.*

If success in life, a good life, is when your behavior matches your values, collect your values today and use them as a filter for being choice-ful in living a life that matters to you now. For me, creating, contributing, and connecting (*all three*, not one or two) makes for an ordinary and extraordinary day. What about you?

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*Imagine if you asked yourself or someone else . . .*

~*Magic*. What would be different from today if you woke up tomorrow and were living the values that matter to you now?

~ What are your unexpected or *surprising choices* if these values are important to you?

~*When* will you do what needs to be done to live the life that matters to you?

~*How will you remember* what matters to you?

### **Simple and ordinary.**

What is the simplest thing in life you wish/want to celebrate?

What is ordinary in your life that warrants celebrating?

Do you need life to be filled with what is extraordinary? How come?

**Generous or withholding** with yourself and with others? Or both? Why and with whom?

Some among us give, gift, engage, connect. That is their way of being.

Some people withhold as a way of life. That is just what they do.

Some people withhold to control others.

Some people give to feel better.

Some people withhold or are generous out of unconsciousness or obliviousness.

What we choose to do or not do, say or not say, defines who we are.

If you are withholding, is this the day to offer something good to another person?

If you are generous, is this the day to take a few extra moments just for you?

Would that new choice make your life better?

**Observing, ignoring, or participating** in what is happening within and around you?

With whom and how come?

When you are with others, do you have a question you might actually want someone to answer, or are you making small talk, passing the time? If you thought about something you might want to ask, what might that be?

Any simple heroes in your life?

What is a simple celebratory thing in your life?

What is ordinary and amazing?

Is seeking ordinary okay?

### **What matters? Now what?**

Pause a moment. If you celebrate being ordinary, then what?

11.23

\*A new theme—a resource for *you* with prompts and sensitizing questions—  
an evidence-based method for self-discovery, growth, and healing for writing and conversations.