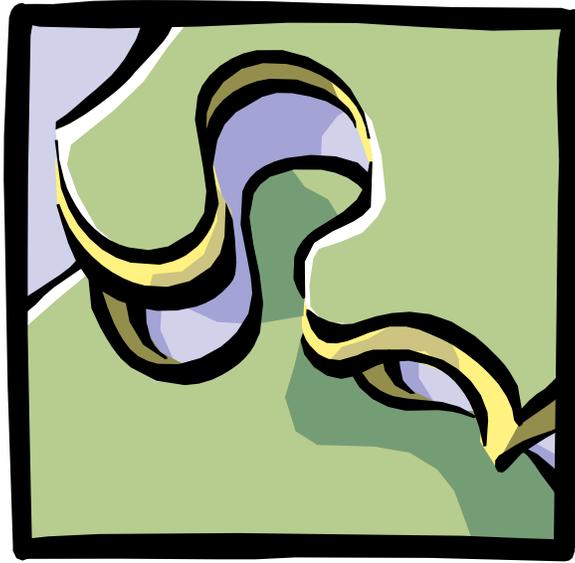


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# CONNECTING YOUR DISCONNECTED LIFE



*with*  
Mary LoVerde

March 3, 1–2:30 p.m. ET

## Welcome!

Welcome to *Connecting Your Disconnected Life* with Mary LoVerde.

Mary is the nation's leading expert on finding balance through connection. In the next 90 minutes, she will share her insights into the connection process.

## Program Outline

Welcome by our moderator, Tracey Matisak

### *Presentation*

- Introduction
  - ❑ The New Definition of Life Balance
  - ❑ Overcoming the Objections
  - ❑ Isn't Life Balance Just a Woman's Issue
- Connecting with yourself
  - ❑ The Three Myths of Passion
  - ❑ Tap into What You Are Passionate About
- Connecting with others
  - ❑ Rituals—They're Not Just for Breakfast Anymore!
- Connecting with the elderly
  - ❑ The Memory Jar
  - ❑ *Touching Tomorrow* Video

Intermission (10 minutes)

Question and answer session (20 minutes)

### *Presentation*

- What can I do right now to have more balance?
  - ❑ More Connection Ideas
  - ❑ Microactions
- Conclusion

Wrap-up

## What You Will Learn

By attending this seminar, you will learn to:

- ✓ Identify a new way to approach life balance
- ✓ List at least three specific strategies for bringing more balance into your life
- ✓ Identify at least one change to improve wellbeing at home and at work.

## How to Get the Most from the Seminar

*During the seminar...*

- Participate! Contribute to the discussion. If you are participating in the live presentation of this program, call in or fax questions and stories about your life.
- If you are taking part in an encore presentation of this program, share your question or comment with the seminar coordinator and your colleagues.
- Take notes. Jot down ideas on how you can apply information from this presentation to your own life.

*After the seminar...*

- Take what you've learned back to your organization.
- Discuss with your colleagues how the different points apply to your organization.
- Find out more about the topic by reading Mary's books:
  - 📖 *Stop Screaming at the Microwave!: How to Connect Your Disconnected Life* (also available as an audiobook)
  - 📖 *Touching Tomorrow: How to Interview Your Loved Ones to Capture a Lifetime of Memories*
  - 📖 *I Used to Have a Handle on Life but It Broke: Power Solutions for Women with Too Much to Do*
- Go to Mary's Web site at [www.maryloverde.com](http://www.maryloverde.com) and sign up to receive a free monthly e-zine containing tips on how to stay connected to what is really important.
- E-mail Mary at [Connect597@aol.com](mailto:Connect597@aol.com).
- Make a list of microactions that will propel you forward from "gonna do" to "follow-through."
- Make a Memory Jar. Memory Jars and cards are available online at [www.maryloverde.com](http://www.maryloverde.com).
- Talk to your family about your rituals.
- Ask your elders about making a *Touching Tomorrow* video.
- Write in your journal about your passions: What fills you up?

## Presentation

### WORK BOOK

*Hurried and worried until we are buried and there's no curtain call,  
Life is a very funny proposition, after all.*

—George M. Cohen

#### 1. Introduction

##### *The New Definition of Life Balance*

- a. \_\_\_\_\_ creates balance.
- b. You will not ever \_\_\_\_\_!
- c. There really is too much \_\_\_\_\_ and not enough \_\_\_\_\_.
- d. You have not \_\_\_\_\_ in any way.
- e. The new life balance motto:  
When you can't keep up— \_\_\_\_\_!

(Answers to fill-in-the-blank questions)

a. connection; b. get it all done; c. time to do it; d. failed; e. CONNECT!

*Overcoming the Objections*

What does this have to do with good business?

The definition of Karoshi:

Death from \_\_\_\_\_!

How do you use the concept of connection to make good business sense?

(Answers to fill-in-the-blank question)

a. NETWORK

*Isn't Life Balance Just a Women's Issue?*

Does one group seem to need more help with life balance than others? Rank who you think has the greatest stress.

- Newly married
- Single mother
- Single father
- Single person/widowed/divorced
- Married with both working
- Married with kids and both working
- Stay at home mother

*Don't worry about what the world wants of you. Worry about what makes you come alive. Because what the world needs is people who are more alive.*

—Dr. Lawrence LeShan

## 2. *Connecting with Yourself*

*Tap into Your Passions!*

Three myths of passion:

- a. Passion is \_\_\_\_\_.
- b. We have to be the \_\_\_\_\_ at it.
- c. What we are passionate about has to be \_\_\_\_\_.

Make a sign with this quote by Nicholas Murray Butler:

“Died at 30, buried at 60.”

Then make sure it does not apply to you.

Make a list of things you love to do. See any trends?

(Answers to fill-in-the-blank questions)

Answers to fill-in-the-blank questions

*I have never attempted anything so complicated as simplifying my life.*

—Keith Gay

### *3. Connecting with Others*

*Rituals: They're Not Just for Breakfast Anymore!*

What is a ritual?

What does a ritual provide?

Predictability and \_\_\_\_\_.

What rituals do you have:

- Personally
- With your partner
- With your pets
- With your friends
- To enhance your spirituality
- With your colleagues/employees/customers
- With your community

(Answer to fill-in-the-blank question)

Stability

Most rituals are tied to a cultural universal; such as language, religion, economy, art, food, celebrations, music, family unit, etc. Make a list of your family rituals. Are they tied to a cultural universal?

- Circle your favorite ones.
- Put a question mark by the ones that aren't so meaningful anymore.
- Ask your family how they feel about them. Discuss whether anything should be added or eliminated.
- Make a list of the rituals you had as a child. How did they make you feel?
- Institute a morning ritual that connects you to yourself or your God.
- Develop a goodbye ritual that connects you to someone you love.

The family that grays together, stays together.

—*excerpt*, Stop Screaming at the Microwave

#### 4. *Connecting with the Elderly*

How do you model respect for the elderly?

a. How could you use a \_\_\_\_\_ jar to connect with someone you care about?

b. Who would benefit from a *Touching Tomorrow* \_\_\_\_\_?

What questions would you most like to ask?

(Answer to fill-in-the-blank question)

a m em or y b i d e o d i a r y

*5. What Can I Do Right Now to Have More Balance?*

*More Connection Ideas*

The areas in my life I need to connect most are...

I could use the following microactions to more from “gonna do” to “follow through”:

a.

b.

c.

d.

*6. Conclusion*

3 Take Home Points

a.

b.

c.

Actions I Plan To Take

a.

b.

c.

## Resources

Mary LoVerde's free e-zine, *Gift of Balance*. Sign up for her monthly e-mailed newsletter by going to [www.maryloverde.com](http://www.maryloverde.com). Each month receive ideas on how to keep your life in balance. A great resource for you and a wonderful one to e-mail to friends and customers.

Books:

📖 *Stop Screaming at the Microwave!: How to Connect Your Disconnected Life* (also available as an audiobook)

📖 *Touching Tomorrow: How to Interview Your Loved Ones to Capture a Lifetime of Memories*

📖 *I Used to Have a Handle on Life but It Broke: Power Solutions for Women with Too Much to Do*

You may order an autographed copy at [www.maryloverde.com](http://www.maryloverde.com)

Mary would love to hear from you. Send your comments or questions to her at [Connect597@aol.com](mailto:Connect597@aol.com).

Wishing you a lifetime of connection.

Warmly,

Mary LoVerde

## Connection Is...

*...The relationship between things that depend on, involve, or follow each other.*

Living in the same house or working side by side doesn't guarantee connection. Connection comes from intertwining our lives with the lives of others. Connection requires involvement.

*...The act or means of transferring from one train or bus to another in the course of a journey.*

Connections help us find our way in this trip we call life. When we emphasize our connections, the world seems less scary, we stay on track, and we can find true sources of joy and comfort.

*...To plug into an electrical current.*

Connections are electrifying. When we connect, we plug into other people's thoughts, feelings, efforts, and experiences. We get turned on by other people's triumphs.

*...To hit a target solidly; to reach the thing aimed at.*

We connect when we "reach" what counts: our family, our friends, our work, our community, our passions, our potential, and our spirituality. When we connect, we accomplish our goals and attain our dreams.

## Life Balance Check List

Here are 25 ways to balance your life. Your challenge is to accomplish all 25 within 30 days. After you complete a task, date it and make a note of what you did. Review the list at the end of 30 days. You'll feel terrific—guaranteed!

1. Put someone else's life one step closer to balance.
2. Write a letter to someone from your past.
3. Compliment one person each day.
4. Do something just for the fun of it.
5. Make someone laugh.
6. Read a book.
7. Organize something.
8. Delegate a chore.
9. Give a gift.
10. Model respect for the elderly.
11. Forgive something or someone.
12. Do something totally different from the way you always do it.
13. Throw something away.
14. Tell someone you love them.
15. Give to charity.
16. Simplify your life.
17. Sit and do nothing for thirty minutes. (Don't do something—just sit there.)
18. Praise a child.
19. Start a new ritual.
20. Write down a personal policy.
21. Clean out something.
22. Plan something romantic.
23. Say you're sorry.
24. Pray for someone.
25. Give yourself a reward!

## Connect with Microactions

Move from “Gonna Do” to “Follow Through” with teeny, tiny steps.

1. Make a list of your top three life challenges (whether its getting your kids to help around the house, losing weight, or saving money).
2. Under each, identify who the challenge affects. Don't forget to include yourself.
3. Make a note of everyone who might be able to help (whether it's your best friend, your boss, or an expert whose books you admire).
4. Write down everything you have tried in the past that didn't work (like hollering at the kids to pick up their toys, buying a dress one size too small, or asking your brother for a loan).
5. Write down any actions that have had some success in the past (like turning clean-up into a game, eating dessert only on weekends, or keeping a piggy bank when you were a kid).
6. Write down one microaction for each of your challenges—the smaller and sillier the better. (Give your kids one small task—like putting away one pair of socks. Get dressed for a workout. Put just a quarter a day in a special savings envelope.)

Before you know it, microactions will grow into habits—and keep on growing and multiplying to make a great difference.

## The New Solution: Connection

When we can't keep up, we have a choice; we can...

<u>Disconnect</u>	<u>Connect</u>
Be the worst procrastinator.	Be the best "micro-actor."
Take great gulps and fail.	Take teeny, tiny sips and succeed.
Give lip service.	Give real service.
Make an "I don't" list.	Make an "I do" list.
Give up.	Give it a try.
Focus on tasks.	Focus on each other.
Lock horns over trivia.	Lock hearts by touching.
Pray we succeed parenting.	Pray with our kids.
Resent and reject our elders.	Remember and respect our elders.
Use outdated, meaningless rituals.	Create updated, meaningful rituals.
Add until we are overwhelmed.	Delete until we are balanced.
Endure the pain.	Establish policies.
Find fault.	Find ways to support.
Read nothing and gain nothing.	Read a little and gain a lot.
Reinvent wheels to solve problems.	Research other people's solutions.
Respond to chaos.	Reclaim solitude.
Strive for everything.	Strive for it all.



## About Your Presenter

Mary LoVerde believes life is a balancing act. Her passion is finding creative ways to live a joyful and successful life. She has delighted audiences from Bangkok to Biloxi with her step-by-step strategies for a more balanced life. Embraced by both men and women alike, her diverse client list spans from the Mayo Clinic to the American Truckers Association.

She is the author of three books: *Touching Tomorrow, I Used to Have a Handle on Life but It Broke*, and *Stop Screaming at the Microwave*. She has appeared on ABC World News Tonight, a 20/20 special on women and stress, and four times on the *Oprah Winfrey Show*.

Mary served on the faculty of the University of Colorado School of Medicine for fifteen years as the director of the Hypertension Research Center. She is currently a professor at Chapman University.

She proudly serves as the national spokesperson for Camp to Belong, which reunites brothers and sisters placed in different foster homes for events of fun and empowerment.

Mary lives with her husband and their three children in their living laboratory in Aurora, Colorado. Reach her at [www.maryloverde.com](http://www.maryloverde.com).

## Question Sheet

Use this form to write your question or for discussion among your colleagues. Please write clearly.

Your name (optional): \_\_\_\_\_

Your organization: \_\_\_\_\_

Your location (city, state, country):  
\_\_\_\_\_

Your question (25 words or less):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Phone:* 1-888-295-9499

*Fax:* 1-215-351-2059

*E-mail:* [TLC@whyy.org](mailto:TLC@whyy.org)

## Attendee Evaluation Form

Name (please print): \_\_\_\_\_

Title: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_

	<i>Excellent</i>	<i>Good</i>	<i>Fair</i>	<i>Poor</i>
1. Rating that best reflects my overall evaluation to this videoconference:	_____	_____	_____	_____
2. Reaction to speaker:	_____	_____	_____	_____
	<i>Strongly agree</i>	<i>Agree</i>	<i>No opinion</i>	<i>Disagree</i>
3. I would recommend this videoconference to others.	_____	_____	_____	_____
4. The videoconference met my expectations.	_____	_____	_____	_____

5. My comments about this program:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. My suggestions and comments for other programs:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. I give the Targeted Learning Corporation my consent to use my comments in its future publications and marketing materials.

Your signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return this sheet to the person in charge at your site or mail to:

Shawn Hunter  
Targeted Learning Corporation  
189 Main St., 3rd Floor  
Yarmouth, ME 04096  
1-800-243-9799

Thank you.

