

Time to get



Enjoy this lesson on how can we create an UPSIDE perspective in life!



If you saw this woman  
in an airport ...  
What would you think?  
What would you do?

## Word Study

### “Complimentable”

A Toni-ism. A word coined by Toni to describe moments, or traits, that easily offer themselves to compliments being spoken.

### “Compliment”

a polite expression of praise or admiration.

### “Able”

capable of, susceptible of, fit for, tending to, given to. Used in English as a highly productive suffix (ending to a word) that speaks to the ability of something, such as in teachable (able to be taught); likeable (able to be liked); adaptable (able to adapt); knowledgable (able to gather and retain knowledge); laughable (hearing or seeing something that triggers a laugh); complimentable (a trait that inherently deserves to be complimented).

This week our assignments is to use UPWORDS to help other people to see the good in the world.

I seek complimentables.

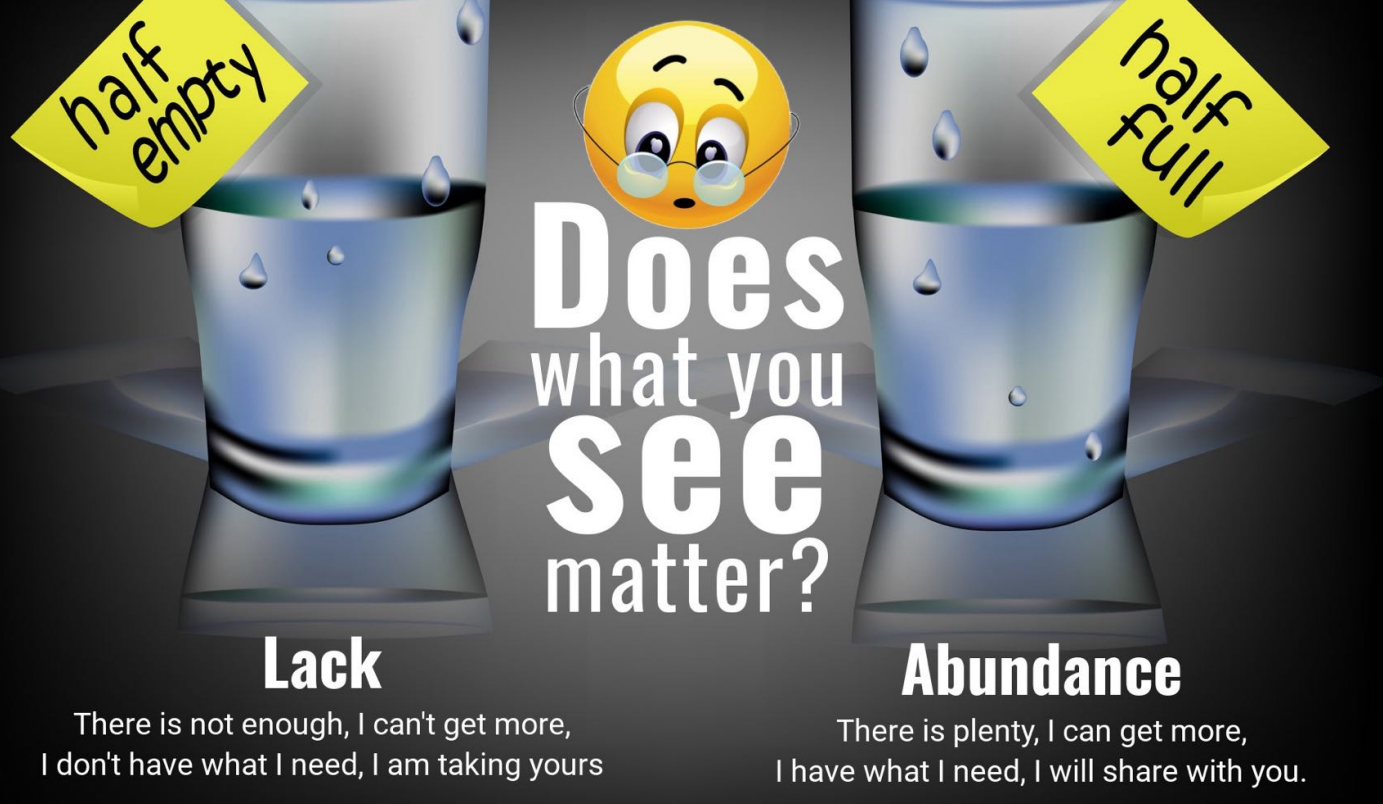
I recognized reasons to praise and admire others,  
I will bravely share them with the person.



#1Mmoments #complimentables  
#iseeyou #Iappreciateyou  
#youareamazing

***Be Compliment-able!***





[Nike Commercial](#) with Serina Williams

King Richard [Movie Trailer](#), a must see movie!!!

Quality of life is founded on your beliefs about lack and abundance.

We can choose the UPside to change our perspective.

When you see an UPside, you can show it to others.

UPside is directional, it chooses the path you will take in life.

**Los Angeles Times**

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\$1 for 6 months

## How Will Smith's 'King Richard' reveals Venus and Serena Williams' dad as a sports hero



Reunited Maroon 5, left, with Singleton, Sidney and Smith on the set of "King Richard." (Chubella James)





# Find *great new* COACHES

I recommend the  
Podcasts from  
Brene Brown

Find positive  
voices to add to  
your life for  
consistent  
encouragement.

## Podcasts

### Summer Hiatus

Dare to Lead will be back September 13th  
Unlocking Us will be back September 15th

#### Dare to Lead



Conversations with change-catalysts, culture-shifters and more than a few troublemakers who are innovating, creating, and daring to lead.

Click below to listen for free! And follow on Spotify to be notified of the latest episodes.

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#### Unlocking Us



Conversations that unlock the deeply human part of who we are, so that we can live, love, parent, and lead with more courage and heart.

Click below to listen for free! And follow on Spotify to be notified of the latest episodes.

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<https://brenebrown.com/podcasts/>

Don't let  
**NEGATIVE**  
**people's words**  
*write your story*

You are  
NOT  
the boss  
of me!





**No one can make you!**

No one can make you mad.  
No one can make you sad.  
No one can make you happy.  
No one can make you successful.

**Is your negative story on repeat?**



**It's time to write a new story!**

**Cause**

You can re-write history!  
Choose a new Upside Story!

**Effect**

# EMPOWER YOURSELF

LET GO OF THE PAST &  
THE PAST WILL LET GO OF YOU!

## DONE!

**What negative story will you  
leave in the past today?**



*My mother met my Dad when she was fifteen, and  
celebrated their 65<sup>th</sup> Sapphire Wedding Anniversary.  
"How do I help her through his first birthday in heaven?"*



**What you focus on  
*EXPANDS!***

“ The heaviest lifting  
is moving ***YOURSELF***  
out of the way! ”

**First and foremost leadership is  
about how YOU feel!**

Are you willing to express positive feelings, open  
up your heart to others, so other people can be  
inspired to be open too?

Can you LEAD with your positive feelings?

When emotions lead, people act.

What emotions are you leading with right now?



Ask the right question!  
“How are we going to HONOR  
my father on his birthday?”



*“God isn’t finished with me yet.”*



**SHIFT**  
*happens*

Intentionally harness the power of  
to experience resilience

# UP WORDS

LOVE WORD = LOVE EMOTIONS

86  
BILLION  
NEURONS

Experience  
THE LOVE  
THE POWER OF RESILIENCE



## The Present

By: Toni Blake



*Every day without my choosing,  
it arrives for me while I am snoozing  
I open my eyes and there it is . . . with all its splendor...  
Heaven sent -- My Present.  
I often wonder what will be -- what will my present hold for me?  
What is to come -- I cannot hide -- I have to take a look inside.  
It is not the kind of gift you can give back, if it doesn't fit, or has a serious lack.  
It isn't always what I want, the things I hoped that it would be.  
But there it is, nonetheless, waiting each day, just for me.  
I have closed my eyes and wished for more, to change the way it was before.  
To make it different - what would I give?  
But there it is --- just as it was, my present, my gift, my choice now only is to live!  
This present cannot be exchanged, replaced, resized or rearranged.  
It is a gift I must accept -- No matter what, no matter how, no matter... I  
gratefully accept my present!*





*When I think of my father, I can feel deep sadness, and often do.  
However, I don't' look at the lack of his presence in my life.  
I focus on the abundance of his presence in my life.  
I gratefully accept the gift my father gave me as complete.*

*Take time this week to*

- *compliment, and be "complimentable"*
- *find a fresh perspective on life*
- *Find a perspective of the world as full of abundance*

## Share **UP** with Your Teams!

**Does your team spirit need a lift UP!**

Join Toni Blake's UPward in February

10 minute FREE team coaching

Posted Friday's 10 am MDT

follow TotallyToni.com on Social

## Save The Dates

**02/04 - UPward** Momentum!

**02/11 - UPheat** personal energy!

**02/18 - UPSide** Perspective!

**02/25 - UPright**-Character Choices!

Each 10 minute coaching  
includes weekly assignments



*February Social Series*

