

What's Your Story?

Each and every one of us has a story – some that make the world look brighter and rosier and others that feel dark. It is normal to have both sides to our lives. The important element is to learn from our experiences and then to share those stories with others.

As we come to the Christmas season and there are so many opportunities to get together, perhaps it is time to consider how we might want to share our stories and hear others. A few thoughts are:

Strike up a Conversation

Where ever you go there will be people – the cashier at your local department or grocery store, the gas attendant (well, not so many of those around any more), the hair stylist, the florist, etc. You might want to take a moment to ask them about their lives – how did they come to work at this place, how are they spending Christmas, do they have the presents wrapped?

This gives them an opportunity to feel valued and to know they are more than merely the job they do. And, it gives you the opportunity to learn more about the people in your community.

People May Ask for Your Story

If they do, you will want to make it succinct and positive at this time of year. When telling your story you will want to paint them a picture quickly. You might start with something such as, “Our family of 5 is joined by cousins, aunts and uncles and grandparents who sit around the dining room table pulling crackers so we all get fun little trinkets and a silly hat to wear through dinner.”

This tells our listener a little bit about us by painting a picture – 5 + cousins, aunts, uncles, grandparents, seated around a table, people pulling crackers, wearing silly hats. Your listener will see a family (probably their own) sitting around a table and having fun pulling crackers and smiling at the silly hats. When you can provide enough information in a short time you allow them

to have an experience.

You will be amazed at how it helps people improve their day regardless of how good it has already been.



Share Your Caring

Asking people about themselves says “you care.” And surprisingly enough, that is what most of us want to hear.

Looking for a job, wanting to switch Insurance Agents or thinking of purchasing a new car all cause us to interact with others to find out where the best opportunities are. Each time we come in contact with another we want them to know about us and that means learning more about them.

Ask questions, share moments – it could be about your joys or your challenges. Regardless, it means putting yourself out there. Looking the individual in the eye, possibly shaking a hand, smiling from the corner of your lips to the corner of your eyes. Sounds silly, right? Yet it's true! Nobody wants the forced smile we learned in “Smile School”. Show others you care – be sincere and let them know as much about you as you know about them.

Above all, this is the time of year when we think ahead to what it is we may want to adjust or achieve in the new year. Know your story – and share it with as many people as you can. Who knows, maybe one person will make a difference in your life!



It is the season for friends and family to gather together. It's a wonderful and fun time of year. Yet there are those who have no opportunity to share the holiday with loved ones. Each year, more and more people seem to spend holidays alone.

What are your plans to share some of the festive season with others? Will you have the “singles” in for appetizers, dinner, brunch, a drink?

Perhaps you will be away – what can you do to ensure there is support those less fortunate than you.

Will you make a donation to your favourite cause, or groceries to the Food Bank or serve at a shelter to bring good wishes and cheer to those who attend for a holiday meal?

Whatever your choice, enjoy a loving and relaxing Christmas season with family and friends! From our house to yours – many blessings for the coming year.

QUOTE

“Christmas is the spirit of giving without a thought of getting. It is happiness because we see joy in people. It is forgetting self and finding time for others. It is discarding the meaningless and stressing the true values.”

Thomas S. Monson

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