

There Are Times Movies Are Smart...

...the Internet too, *like this story!*



There is a scene in the 2013 movie “**Man of Steel**” in which a

young Clark Kent first discovers his powers. He is in elementary school, and the teacher asks him a simple question. Right in the moment, his senses all trigger at once. Suddenly, he sees not just people’s appearance, but their insides, bones, and organs. He hears even the faintest noise far, far away. Overwhelmed with all these impressions, fight or flight kicks in and Clark runs away and hides.

A few minutes later, Clark locks himself inside a supply closet and the whole class is gathered outside. Eventually, his mom arrives on the scene. At first, he isn't willing to let her in. Not knowing what to do, Clark cries and screams helplessly, "Mom, The world is too big for me to fight."

Then, Martha Kent shares a piece of advice that could only ever make sense coming from a loving, compassionate mother:

"Then, make it small son, make it small."
"Honey, Just focus on my voice. Pretend it's an island, out in the ocean. Can you see it?" "I see it." "Then swim towards it."

Once he concentrated on the one thing right in front of him- his mom, Clark calmed down and left the closet. The lesson seems to be, if you want to be happy, there are times that you must focus on one thing at a time.

In our modern world, Clark Kent isn't the only one who is hypersensitive. It's all of us, every single one of us. Social media, the internet, cell phones, our state of constant connection - we share and communicate so much, it all becomes a blur. We create a lot of noise when we share these things and absorb the noise of others in doing so, even if they make it faraway.

The world is too big. There is too much of everything. Too many projects to tackle. Too many people to meet. Too many places to go, shows to watch, messages to answer and books to read. Too many selfies!

Often, sadness overwhelms in disguise. We know we can never live it all. Someone will always be disappointed with their choices and ours. Most of the time it ourselves.

So, maybe don't worry about the vastness out there. It does nothing for you. Just remember to make the world small according to your comfort. When you feel overwhelmed, take a moment. Breathe. Calm down. Get quiet inside your mind. Hone your senses. Focus. Zoom in on the one thing that matters. One voice. One task. One minute. Do it again and again.

Yes it's true. The world is too big. But there's always enough room for each of us. Carve out your own space. Find your island. Make it as small as you want. And then swim towards it. Keep your eye on it. Go fast, go slow, your choice as well.

Movies with life lessons

it's a Wonderful Life—1946
Pay It Forward—2000
Ikiru—1952
The Bucket List—2007
The Pursuit of Happiness—2006
The Family Man—2000
Click—2006
Groundhog Day—1993
The Lion King—1994
Yes Man—2008
Locke—2013
Rocky—1976
The Butterfly Effect—2004
Bruce Almighty—2003
Peaceful Warrior—2006
A Thousand Words—2012
Like Stars on Earth—2007
Forrest Gump—1994
Jerry Maguire—1996
A Christmas Carol—1951



How the 10-Second Rule Can Dramatically Change Your Conversations and Make You a Better Leader

Tech columnist Jason Aten says communicating is easily the single most important job of leaders, “...if leadership is mostly about influence--and it is--then the ability to communicate a vision and motivate people to move toward that vision is the single most important characteristic a leader can have.”

The problem is, communication is hard. People don't always understand the message we want to communicate. Sometimes we do a poor job of expressing what we mean. In many cases, the way we communicate is directly affected by our perception of our position in a relationship, how we feel about the person we're talking with, and our opinion about conversation in general. Often those variables combine to make it more difficult than it needs to be, especially when there is disagreement or emotions start to rise. In those cases, the 10-second rule can dramatically change any conversation.

In a conversation during which the temperature has started to rise, wait 10 seconds before you respond. That's it. Just stop. Don't respond immediately. Instead, wait and give yourself a moment to be intentional in your response, instead of emotional. It isn't magic, but you might be surprised at how well it works. Here's what I mean.

Freezing the crazy cycle — The crazy cycle is what happens when we are offended or frustrated and respond negatively to get another person to change. They, in turn, are frustrated and offended and respond negatively. The whole thing usually escalates quickly, and suddenly you're not communicating, but in combat. Aton says he first heard the cycle described this way by Emerson Eggerichs,

who regularly speaks about relationships.

By taking 10 seconds to stop and collect your thoughts and emotions before responding, you freeze the crazy cycle in place and have an opportunity to respond differently from how you might have otherwise. Sometimes taking a few deep breaths is all you need

Disarming the conversation - Something interesting happens while taking 10 seconds. The other person in the conversation is also snapped out of the cycle. The temporary pause is disarming. In many cases, it'll be completely unexpected. The usual response to criticism is defensiveness. When people get offended, they tend to punch back, fueling the crazy cycle. On the other hand, when you stop feeding a negative response into the cycle, the other person also has time to collect their thoughts and reflect on your response. That means you can have a conversation instead of combat.

It refocuses you on the people — Finally, taking a pause before responding gives you a chance to refocus on the people you're communicating with, not just the topic. When communicating with your team, it's helpful to remember that all are trying to accomplish the same mission. Even if you passionately disagree, reminding yourself that you're on the same side can go a long way.

Even if you discover that you aren't on the same side, you'll be much better equipped to coach your team if you take a breath and think through your response instead of doing so emotionally out of frustration. Either way, the goal should be to recalibrate your conversation so that you're talking to a person, not just responding to their position.

Summer Energy Saving Tips

Set your thermostat as high as comfortably possible. Every degree of extra cooling will increase energy usage by 6% to 8%, also take advantage of away times.

Your air conditioner requires regular maintenance. You don't have to be a HVAC technician to give it a quick, basic check. Vacuum air vents regularly removing any dust buildup and ensure that furniture and other objects are not blocking the airflow through your vents. Avoid placing lamps or TV sets near your thermostat as it will sense the heat these appliances create, which can cause your A/C to run longer than necessary.

If you use incandescent light bulbs, it's time to switch to LED lights. Incandescent bulbs are extremely inefficient. Only about 10 to 15% of the electricity that they use gets turned into light—the rest is wasted heat. LED lights are the most energy-efficient lighting option. They use 75% less energy, last 25 times longer, and run much cooler than standard incandescent lights.

BTW—The IRS Economic Impact Payment phone number is 800-919-9835. You can call to speak with a live representative about your stimulus check.

