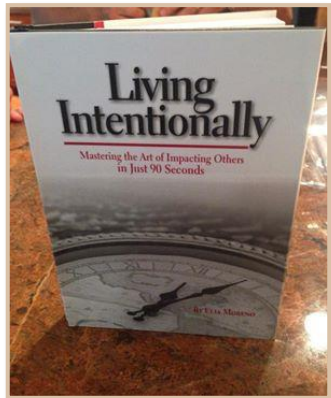


Living Intentionally



1. Understand what it means to CHOOSE to intentionally impact others
2. APPROACH people with gentle steps
3. SMILE with a purpose that invites conversation
4. GREET in a way that allows others to feel welcome
5. Turn a timid face contact into meaningful EYE CONTACT
6. IGNORE DISTRACTIONS in an effort to make others feel important
7. Perfect the art of LISTENING
8. CONNECT with a deeper sense of purpose
9. VALIDATE others in their present situation

90 Seconds to build and improve relationships

Engage

- 1.
- 2.
- 3.

Connect

- 1.
- 2.
- 3.

Communicate

- 1.
- 2.
- 3.

Daily activities



Observe

How others add value to people



Practice

Adding value to others



Share

The importance of adding value

"The nine principles Elia shares in this book are not groundbreaking in isolation, but her method of incorporating them within a 90-second encounter offers a road map to a destination that few have been able to find. Serving your community is a concept that most list as "optional." Elia shares with us why it doesn't need to be.."

- Damen Lopez