

A Message from Dan Manginelli

LOL

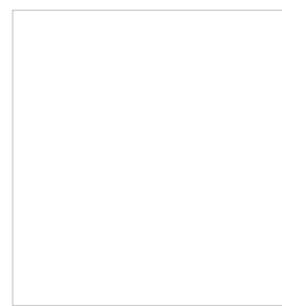


The year is flying by and we all have moments when we feel we are waist-deep in life. Last week I had a moment where I suddenly realized that I needed to laugh more. It's the time of year when we are all a bit overwhelmed. Business is booming and there is a lot going on with our children and families. It seems to be one big juggling act with at least one of the balls getting dropped quite often. How can we laugh in the midst of frustration? I decided the things that get me so stressed out are now going to be entertaining and humorous. I am making myself laugh when the deal goes sideways and I take the blame. I'm getting a chuckle out of potty training. I will giggle when I ask my 10-year-old daughter a question and she just stares at me. I will have a good belly laugh at the conversation at the dinner table with my parents. All of these followed with my new saying, "Ya just have to laugh!"

I have acknowledged that frustration is the seed that grows stress. When that seed is watered with anxiety and fertilized with worry, the seed sprouts and out pops the attitude tree. The more water (anxiety) and fertilizer (worry), the faster the tree grows. It is not a pretty tree and it drops little buds everywhere that grow that same attitude tree in others' gardens of life. That tree is so big that it blurs your vision, your decision-making and how you treat others. All because of one of the little seeds received a lot of water.

So this week get amused, be entertained and just laugh at what life brings you. It is really hard to be mad, upset, troubled or stressed when you are laughing. I know God will never give us more than we can handle, so it's time I just start laughing out loud. I would love for all of you to join me. Get your giggle on and make this week count!

*If you enjoyed this short, relatable message you **MUST** get your copy of **Shake It Up** now! It is a book written with the same short messages, but with an action plan attached. We are all looking for ways to hold ourselves accountable, now you can. Get your copy of **Shake It Up** now. Just click on the book or the [Amazon.com](#) link below and start your best you!*



<http://www.amazon.com/gp/product/0692588078/>

Sincerely,

Daniel Manginelli - Founder/Owner
[Manginelli Group](#)



You can get more information about me at [ManginelliGroup.com](#) and for more motivation, you can purchase my book "Wake Up! Jumpstart The Life You've Always Had In Mind". See the link below.

Upcoming Events

May 25, 2016 - How To Go From Average to Achiever

Murrieta Chamber of Commerce
25125 Madison Ave #108
Murrieta CA
RSVP: gsilkwood@spfcnet.com
11:30am - 1:00pm

June 22, 2016 - Maximize Your Sphere of Influence

Coldwell Banker Select
1170 S. Rock Blvd. #2
Reno, NV 89502
RSVP to: Shandi.Vanore@cbselectre.com
10:00am - 12:00pm

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