



The  
**enchantingLawyer**<sup>™</sup>

# Action Guide

Helice ‘Sparky’ Bridges

## **1. Find Somebody to Honor**

Helice talks about how most people just want to be appreciated. By honoring someone you are not only making them feel good, you are also making yourself feel good.

### **How Does It Apply?**

Write down below people that you want to honor. Now go and tell them, and don't forget to ask them to pay it forward and tell someone else how much they are appreciated.

## **2. Find People who will listen**

Helice explains how a problem shared is a problem halved, and a great way to avoid feeling down or depressed is by talking to someone. Business can be a pretty lonely world sometimes and by being able to share your problems, you can start to feel less lonely.

### **How Does It Apply?**

Write down below a list of people who you think you can talk to when you have a problem. Keep this list for when you need to speak to someone, you know who you can turn to. Remember also, that you need to try to be a good listener to them as well.

### **3. Write down your Successes**

Helice describes how it is sometimes easy to forget our successes and get weighed down with our problems. By having some of our successes written down, we can look over them honor what works and give ourselves more confidence.

#### **How Does It Apply?**

Write down below a list of your recent successes.