

Your Seven Social Networks that Matter Most in Life

How to Build a Spiral of Support for Recession Proof Resiliency





THANK YOU...

Thank you for downloading this excerpt on how to transform the seven most important social networks of your life into a vibrant safety net of success.

My e-book is meant to be used as a seven week journey. A spiral dance exploring the power and importance of the relationships in your life – celebrating all the special people who cross your path each and every day, and learning how to engage more effectively.

You will be guided to reflect in journal pages, focus your intentions, take action, and celebrate with gratitude as you feel more connected, grounded, happier and in greater flow with your destiny in life. This process will better prepare you to manage transitions, improve your health, and prepare you to be better supported in tough times.

Please feel free to share this with others! I hope this sampling inspires to listen to my audio lecture, and join me on the full length journey.

~ Kari

Learn more about Kari's audio lectures, e-books and public events at:



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Purchase the rest of the book for these remaining chapters!

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INTRODUCTION

Are you a Facebook junkie? Are you addicted to the buzz of your “Crackberry” with new tweets and text messages? You are not alone! The new social norm is communicated in sound bytes, and the name of the game is to get LinkedIn, Skyped, Ooovo, Four Squared, and to share our world in a Cloud. These social networks are the wave of the future, and there is no choice but to get on the bandwagon. Many people have found friends they never would have discovered otherwise. Revolutions are happening on Twitter, and governments cannot keep up with the voice and power of the people.

But...are those the only social networks that matter?

“I can’t keep up with my life....” Is the new norm I hear all the time. Hundreds of emails per day, thousands of texts per month, status updates, clever tweets to the peeps, who has time for face-to-face anymore? Today’s youth are almost abhorrent to live communication, and are content to live in a simulated world. Yet, when we look within, something is missing.

In order to truly experience deep happiness, resiliency and success in life, we need to cultivate a spiral of support and nurture the everyday relations in our life, treating them as “human capital” as our greatest investment.



SOCIAL NETWORK NUMBER 1: YOU

We begin at the center of the spiral. The core.
The essence.

You.

You are the greatest social network in the Universe. You have the ability to attract anyone, or anything you want in this world.

- Love
- Success
- Companionship
- Social Change

Anything.

Creating a social network with yourself means learning to enjoy our own company.

To trust your inner voice.

To nurture yourself the way you nurture others.



The center of the spiral is the place to begin. Women often spend so much time caring for others, we forget what we do want, or how to feel comfortable indulging now and then. *I have created 7 activities for each day of week one. They are quick, easy, free and FUN!*

For some of you, tending to yourself is not an issue. Fantastic!! Enjoy these activities and tell me some of the other ways you have found to honor and nurture YOU as the most important commodity in life!

ACTIVITIES FOR SOCIAL NETWORK #1: SELF

- Journaling
- Walking
- Making your “100 List”
- One “Spare Time” activity
- Time for Solitude
- Nurturing Yourself with Food
- A Personal “Play Date”





YOUR SOCIAL NETWORK #1: YOU

Day Seven: A Day of Service

I saved this one for last.

I truly believe we best come to know ourselves when we are in service to others. Giving opens up the heart to receiving. By lending a hand to others, we better know ourselves... it lays groundwork with the social network of your soul.

Now, not everyone is meant to be in service in the same way. I believe so many of us do not volunteer, or find the time for service activities, because we think we don't have time, or the perception of what is involved is not appealing. Here's a tip: whatever you are good at is exactly what is needed somewhere....There are so many ways to be in service that are easy and natural for you– and appreciated deeply by others.

I served on a board of directors for a local women's center in my town, and eventually took a turn as board president. When I first came on, I was asked to lead the annual board retreat. I decided to explore the board's different personal styles to see if they were being best utilized. No surprise, the most assertive and extro-

verted were the committee leaders, and networkers. They were the best folks to ask for donations. Others were excellent at organization, and preferred to be behind the scenes arranging details, instead of public speaking or networking.

What a relief to know everyone HATED something equally! I hated managing the details of a black tie dinner; because I was so bad at it. Yet, I had a solid rolodex of friends in town, and loved promoting the center and organizing events. Once we shifted the tasks to reflect our natural skills, everyone excelled, and the Center grew.

I believe being in service somewhere once a month is optimal. It serves YOU in that it gets you out there connecting with other people, so you can build your other social networks. Committing once a month is not that difficult for most of us to manage, and can truly make an impact.

VOLUNTEERING

Think about some of the natural skills you have. Do you enjoy talking to others, or managing details behind the scenes? This makes a huge difference in determining the best areas to be in service, and not feel burned out. You could serve food at the food bank and chat with the folks coming in, or stack and organize the cans in the back— both are equally needed!

I have a relative who is very shy, yet incredibly talented with craftwork. She was asked to help build a float for the tournament of roses parade. Initially nervous, as she did not know anyone else there, she almost didn't

go. Yet once she got there, her fine eye for detail, love of flowers and patience bloomed into a wonderful new passion in her life– leading to joining her local rose club, making new friends– as well as showing off her hard work on TV!

Contact your local chamber of commerce to learn about the local non-profits in your area. I guarantee there are many within a short walk or drive from your home that need help. Give it a try! It feels so good to be helpful, useful and needed.

While you are narrowing down your options, here is a suggestion for a local “day of service:”

- Clean out your pantry of all those cans and non-perishables you have not used in at least three months and hand deliver it to a local food bank. Get to know them.
- Grab a stack of old books, old towels, sheets, clothes and knick knacks that are no longer needed, and deliver them to a women’s shelter. Think there isn’t one in your area– think again.

NOW you have lightened your load of “stuff” at home, created a little more space in your inner life and surrounding environment, and have given back at the same time.

What a week! Give yourself a pat on the back, and honor yourself.

Now... Take Your Inner Social Network out into the world... we need you.

I hope you enjoyed this sample chapter of:

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Please be sure to listen to my audio lecture about the seven social networks, and if you would like to continue your spiral journey, the full book is available in hard copy or as an e-book.

Let me know how it goes! I love to hear stories of how you are building the social networks of your life, and how the relationships around you have served you in times of happiness or crisis.

Find more about me on my personal website:

www.karihenley.com

And more about my company:

www.gathercentral.com