



Nick Bishop Solutions

Wow...You made a difference!



Smiles are for every day...Not just Christmas!

I went into a coffee shop this morning, it was early and the first day back open. I visit the place occasionally, perhaps a couple of times a year...No more.

I recognised the person behind the counter, he had worked there for many years...On my occasional visits, we always chatted and I recall that life had not been easy for him, in a variety of ways.

Approaching the counter, and the gentleman looked up. His face lit up, his face became one big smile as he welcomed me as if I were his long lost brother! We chatted and he was sincere in all that he said...His smile was contagious.

As I left, I had a grin from ear to ear...A real jaunt in my stride...Life is good!

Next stop was a small corner shop. Just a couple of items needed. I stood for seemingly an age, as the lady shuffled to the till. Without speaking, she processed the items and without looking up grunted a price in my direction. I paid and made some polite small talk which went unanswered.

We choose our own attitudes, but they have an immense impact on both ourselves and on others.

We act on our perception of reality which is very often different from the facts.

As we all settle back into work mode, what will you be?

- Someone who helps to lift the spirits of others...OR...
- The one that brings the rest down.

We have choices!

Smile in the mirror. Do that every morning and you'll start to see a big difference in your life.

YOKO ONO

We owe it ourselves, to be the best version of ourselves possible

NICK BISHOP

Smiles are contagious, and can make a difference to all around you...Make sure to choose the right attitude!