

10 WAYS TO CATCH THE AMARE WAVE

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The Amare Wave: Uplift Your Business by Putting Love to Work



#3 IN THE AMARE WAY MINI-EBOOK SERIES

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The Amare Wave is not an abstract concept. It is a real movement, the personification of the sweeping change the business world so desperately needs. I invite you to “catch” the Amare Wave and join many other leaders in prospering differently, by making different choices in your business, and putting love first.

In this booklet you will find 10 action steps to do just that. Commit to starting with one this week!



Want to put the full power of love to work in your business and life? Email me to set up a complimentary call, and within 15 minutes we'll create 3 “amare” ideas to do just that.

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10 WAYS TO CATCH THE AMARE WAVE

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1) ASK YOUR COLLEAGUES “DO WE LOVE OUR CUSTOMERS?”

Start by asking a tough question of yourself and your colleagues: “Do we love our customers?” Then, go deeper. If you love them, how do you show it? If you don’t love them, why not? What can you change to put love (back) into your business?



2) NOTICE YOUR COMPANY'S LANGUAGE

Take an honest look at the language your company uses. Is it warlike, harsh, or violent? Or is it respectful, loving, and compassionate? Do a quick audit of how your company speaks internally, especially about your customers. Do you talk of customers as prey to be captured or numbers with no humanity? It's an easy trap to fall into and not even know it. First, simply notice. Then you can move to making changes.



3) WHEN YOU MAKE A MISTAKE – HUMBLY OWN AND ADMIT IT – OUT LOUD.

We all make mistakes. In fact, making mistakes is very human. When we put more love into our businesses and grow the Amare Wave, we must own and acknowledge our errors. It's the only way to make sure we're prioritizing our relationships, being real, and committing to taking the necessary steps to be sure it doesn't happen again.



4) ASK YOURSELF: HOW WILL THIS DECISION OR ACTION AFFECT OUR RELATIONSHIP WITH THE RELEVANT STAKEHOLDERS?

Nothing in business or in life happens in a void. Before taking any action or making a decision, take a moment to pause, take a breath, and think. Ask yourself: How will this decision or action affect our relationship with the relevant stakeholders? If it's not uplifting to them, rethink it.



5) EMPLOY THE “TEN-FOOT RULE”—SMILE AND MAKE EYE CONTACT WHEN YOU ARE WITHIN TEN FEET OF A COWORKER OR CUSTOMER.

Even with social distancing restrictions in place, we can still employ the “ten-foot rule.” In fact, it’s even more important than ever. Spread love and catch the Amare Wave by smiling and making contact with other people - strangers, coworkers, employees, or clients - whenever you are within ten feet of them. Even though we’re all wearing masks, there’s a tell-tale eye crinkle that happens when someone is smiling with you. So go ahead - make eye contact and smile anyway.



6) GENUINELY THANK EMPLOYEES AND COWORKERS FOR BEING THERE.

When is the last time you said thank you to your team or coworkers? To your customers? In the midst of this pandemic, it's more important than ever to thank those around us for being there, for supporting us, for living alongside us through these unprecedented times. We are all in this together and genuinely recognizing each person for their contribution, however small, is one simple way to catch the Amare Wave. Try it!



7) IF YOU FEEL YOURSELF FEELING FEARFUL, OBSERVE IT, THEN INTERRUPT IT.

It's easy to feel fearful these days. With uncertainty around our businesses, the economy, and our health, we're all a little more anxious these days.

But we DO have a choice when it comes to our fear. We can choose to observe it, be unattached to it, and interrupt it. Choose a positive thought, wash your face, or move your body. Doing so is one of the ways you can begin to catch the Amare Wave and choose love over fear.



8) CHOOSE TO BELIEVE FOR ONE DAY THAT THERE IS ENOUGH TO GO AROUND, AND THAT LIFE CONSPIRES TO SUPPORT US ALL.

Times are tough right now. We're still living through historic times and navigating our own fears and anxieties. The future is uncertain. Business is uncertain. Yet practitioners of the Amare Way choose to believe that life conspires to support us all. That we are not living in lack, but rather abundance. Making the conscious choice to step out of fear and into love, and to believe that we are all cared for, is one way to catch the Amare Wave.



9) SAY THANK YOU ONE HUNDRED TIMES IN A ROW, EVERY DAY.

“Thank you” is among the most powerful phrases in our vocabulary. As a simple expression of gratitude, it is a reminder of all that we have every moment we tune in. Choose to start everyday by saying “thank you” over and over again to yourself or out loud. It’s an easy way to catch the Amare Wave, and let gratitude open up life (and business!) for you.



10) LOVE YOURSELF. IN THIS MOMENT, RIGHT NOW, JUST LOVE YOU.

The 10th and final tip may be the most important of all.

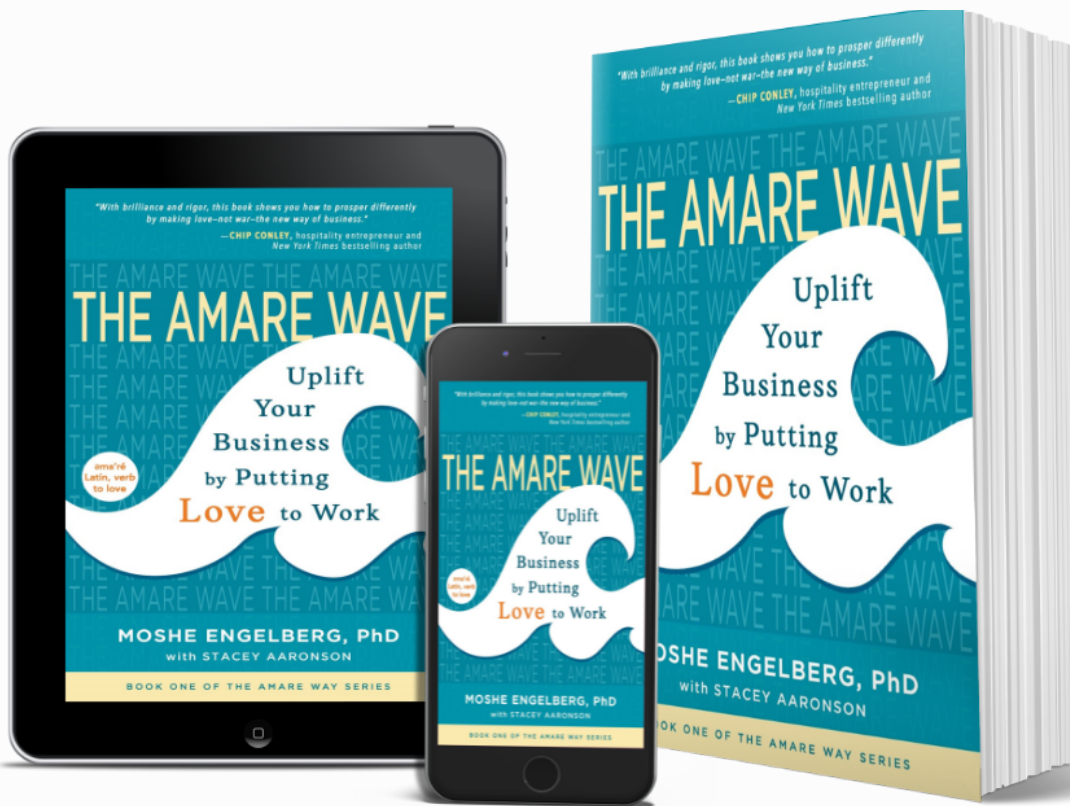
Just love yourself, exactly as you are, right here and now. If we all focused on creating the love we wish to see in the world within ourselves first, things would get better in business and in life.



If you liked this series, purchase a copy of my new book:

The Amare Wave: Uplift Your Business by Putting Love to Work

The book is available on Amazon and wherever books are sold.



Don't forget: if you want help putting these 10 action steps into practice in your life and business, email me to schedule your free consultation!

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