



Dane Buy Local Buzz



In Case You Missed It...



How does one maintain a positive attitude when on the downhill descent of this rollercoaster called life? Nancy Depcik, keynote, motivational and inspirational speaker, shared a technique with Dane Buy Local members at our September 8 breakfast. Using an example from her own life of how her dying brother continued to be positive in the face of death,

she encouraged us to substitute the word “curious” for negative feeling words. For example, instead of saying

“I’m scared because I just lost a customer,” it would be better to say “I’m curious who my next customer will be.” These are the kinds of words that can help us feel better and take away the negativity.

Nancy urged us to “Let go of no.” She encouraged us to see ourselves on an escalator hanging on to the rail as we ascend. In order to get to the next level, we need to let go of that rail. To get back on an upward climb in life, we have to let go of no—especially the ones we tell ourselves!

And it’s good to have friends—ones who are helpful and not judgmental.

Thank you, Nancy, for helping us start out the week on a positive note!

Nancy Depcik inspires people to discover
Unshakable Success[™]
in both their personal and professional life.



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