

This is another TRANZ TALK for you to practice, so you can make your life happen on purpose!

If you are a Hypnotherapist you can use this Tranz Talk for your clients.

There will also be a pdf tranzcript download for your convenience.

This Tranz Talk is called:

Make something beautiful and enjoy the rewards!

When you create something beautiful, you become more beautiful yourself. When you beautify something on the outside, you'll feel beautiful on the inside.

No feeling in the world can put more pep in your posture or a brighter sparkle in your eye.

If you've never deliberately set out to make something beautiful, you have a wide range of new experiences to choose from. Why not start by making something grow? You can start small with a house plant that will require no more of your effort than a good drink of water and a rotation in its sun shiny, spot of honor once a week.

Or start big with a shrub or tree from a nursery. After your initial planting, fertilizing, and watering Mother Nature in most instances will give your shrub or tree everything it needs to survive. People grow the same way. Once a seed is planted it can continue to thrive. The only tragedy is if a person never gets the initial dose of fertilizer needed to make it happen.

Imagine for instance. being six feet 10 inches tall and never knowing about basketball. Talents are as often thwarted by a lack of knowledge about their existence as by deliberate neglect, unintentionally depriving the world of a beauty that should have existed. Contribute what you can to keep the world around you beautiful. Trim some overgrown bushes or shrubs, prune the dead branches from a tree. Pull up some weeds that mar the lushness of your lawn.

Put weed killer on the pesky ones peeking up through concrete and bricks. Quit kidding yourself that once through an automatic car wash is good enough for your car. Use some muscle and some wax to huff a new glow on its exterior. Refinish that scratched up rocking chair you can't bear to part with. If it's worth keeping for its memories and sentimental value, it's worth sprucing up.

Stop taking your home or your office for granted. Some loving care can make both you and your surroundings a little livelier. Buy some cut flowers, make some bouquets, and bring some outside beauty inside. Clean the chandelier that keeps gathering dust. Straighten that desk top cluttered with projects you've been putting off, and finish the projects so they won't have to hug you anymore.

Wash your largest window inside and out, and use the time while you're spraying, wiping, and polishing to contemplate the world's beauty. Whenever you feel down, let life's beauty lift you up again. How can you be anything but happy when you not only take time to see and smell life's roses, but do your part to make them happen?

MY TRANZ TALKS, PUT POSITIVE EMOTIONAL POWER INTO YOUR LIFE. PRACTICE THESE THE NEXT 30 DAYS:

1. Practice discipline: Complete a task you've been putting off.
2. Practice pride: Make a plan to contribute to beauty, and compliment yourself each time you do.
3. Practice growth: Investigate a new hobby.

Dare2Fail

Just!n Tranz