

There is so much goodness to Notice in our community! We are definitely a Community of Character!!

This month's character trait - citizenship - is easy to Notice in the people of Lee's Summit. Just in this publication alone there are so many examples of people who are not just members of our community, but who respond to the needs and the betterment of our community in such a positive way. That is citizenship!

I am so grateful to live in a community where all of this goodness is happening and also that our community values the importance of paying attention to "Noticing"; and reporting this positive news! Did you know that we cultivate an even more positive culture by Noticing goodness? Well, it's true. It's called The Noticed Effect, and thanks to all of the amazing citizens in our community who have joined in our efforts to Notice the goodness in themselves and others, Lee's Summit just keeps getting better every day!

One of the most exciting things about being a part of The Noticed Network is getting to spend time with people of all ages talking about the power of reframing their perspective to Notice goodness. This topic always comes up whether we are hosting a workshop at The Space, providing corporate training, offering a women's retreat, or working with our local schools. Reframing is a skill that can not only help us feel good; it can truly help us to operate more efficiently and effectively.

Here's how reframing works. In most people, places, or things there are positive and negative attributes. Reframing is simply a matter of choosing to pay more attention to the positive attributes. While it is still important to be aware of the negative (or less desirable), choosing to focus on the positive allows us to reframe our experience to focus on that which we can be grateful for. Noticing is a very intentional form of reframing. And reframing by Noticing goodness is a remarkable tool to demonstrate good citizenship. And it's win-win-win!!! Here's a great example ...

I recently took my van into one of the local mechanics for some repairs. The customer service was great!! And in particular the woman behind the counter was so positive and helpful. It was a pleasure to Notice her by taking just a few minutes to tell her thank you. It went a little something like this: "Hey I just want to tell you that I really appreciate how positive you are. I bet you've put in a long day and you are still smiling. Thank you for being you and for doing what you do." And then I gave her a little Noticed keychain so that hopefully every time she sees it she'll remember that she's been Noticed. This lady is a perfect example of great citizenship!!! She is not just a member of our community, she is making our community a better place! Beginning Noticed certainly seemed to make her day.

Noticing goodness really is win-win-win, and here's why:

Win - It feels so good to be Noticed. When people get Noticed they respond with what I like to call "want-to". They want to show up and be even better citizens.

Win - It feels so good to be the Noticer. People who Notice goodness are happier and live more effectively and efficiently.

Win - Our community, and the world become a better place. When we as a community take the time to Notice the goodness in one another, we can solve any problem and make our community even more positive.

Lee's Summit is such a great place to call home! I am so glad that it is the epicenter of The Noticed Network. Thank you to all of you who have joined us in our mission to help people Notice the goodness in themselves and others. If you are looking for a positive way to Notice the people in your life and be a part of creating an even more positive culture you can find out more at www.thenoticednetwork.com

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