Connecting Deeply with Yourself and Loved Ones with Tammy J Cohen

with Tammy J Cohen · Hosted by Kathi Burns, CPO®, Business FLOW Strategist

Author Tammy J Cohen started texting her three grown sons a daily message of love, wisdom and gratitude during the 2020 pandemic, and those texts became her book Text Messages to My Sons.

- [ ] Look back at your recent texts to your kids and count how many are reminders, reprimands or commands.
- [ ] Set aside 10 minutes a day to send a loved one a message of love, wisdom or gratitude.
- [ ] Share a quote or lesson you learned this week, and tell them why it made you think of them.
- [ ] Send the message without expecting a reply.
- [ ] If you yelled or reacted badly in the past, apologize specifically and tell them it was never about them.
- [ ] Send an encouraging check-in to a friend or colleague who might be struggling, at any age.
- [ ] Start your day with personal time before you open your to-do list.
- [ ] For each project or business, write down the one step you need to take right now.
- [ ] Break your biggest task into steps and take the first one today.
- [ ] Say something nice to someone, especially a person who gives you angst.

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