

## EPISODE 151: A STORY TO INSPIRE US ALL

### 5 REMINDERS FROM AN INSPIRATIONAL STORY:

#### 1. CHECK YOUR VIEWPOINT

- Try not to view others as a burden. Consider: “How can I help this kiddo get through the day?”
- Change your perspective from “hassle” to “helpful”
- Check the lens you use to view people, situations, or life.

#### 2. BE A GOOD SEATMATE

- Ben Pedraza read the note and seized the moment.
- Lean in instead of looking away.
- Make the effort to make those around you feel safe and comfortable.

#### 3. LOOK FOR THE NOTE

- Everyone we meet is carrying a metaphorical “note”
- They are flying solo and a little kindness would be appreciated.
- “Make me feel safe and comfortable” notes.

#### 4. SEND YOUR OWN NOTE

- Ben went beyond the simple request and took the initiative to send Alexa a note with a picture of Landon resting his head on his shoulder.
- He did something that encouraged the mom.
- He did something that made people around the world stop, think and remember: the awesome power of simple gestures.

#### 5. GREAT SEATMATES ARE EVERYWHERE

- Alexa’s story reminds us of what we want to be like on our best days.
- Like Ben, we don’t need incentives or small bribes. We just a simple reminder that we can do for others what she hoped someone would do for her son.
- Read the note. Be a good seatmate. Send a note. And don’t forget to stop and marvel at one of the great wonders of the world.

Are there other communication-related topics you’d like to hear the Communication Guys address? Let us know on our [Facebook page](#).