



## Part II:

### Reflection: 'More' Takes On A New Meaning

As I continue to reflect on all of the special moments in my life captured in time and brilliantly immortalized with the click of a shutter, one big question emerged: **When does our life stop being about us and more about others?**

And, yes, one immediate thought is around our children. And, yes, my 4-year old twin girls are definitely my purpose. In fact, I have been reflecting back with pictures of their lives - and our collective life together. Captivating my soul is the purity, joy and innocence in their eyes, all while reflected in their smiles. I have realized my life is not about me anymore; it's about them.

Just like the old saying: **We do inherit the earth from our parents; we borrow it from our kids.**

So let's take this idea a step farther...

I believe many humans (myself included) suffer from a disease I like to call 'more-ism.' We have to have "more," more of everything. My basement and garage are the perfect barometers, as they continue to fill up with loads of stuff. More money, bigger houses, faster cars, bigger diamonds, etc. None of it takes into account the ultimate sacrifice that comes with the symptom(s) of more-ism. **The notion, where more stuff equals more happiness, is actually deeply flawed.** In fact, it becomes a selfish cycle that ultimately destroys the bond between us, as humans.

**Instead, what if 'more-ism' actually meant creating more abundance for others? What if businesses' sole purpose was to create a better life for its employees? a better environment to operate? a better community to live in?** What if our dream was to buy a nicer car for our neighbor, for example? What if we lived in a world where it was no longer about us? What If?...

I realize it seems like a stretch and our current paradigm doesn't exactly allow for such a reality.

Like most people, I enjoy nice things and get excited about purchasing something new, especially a great deal on something I actually don't need. It's a rush of dopamine to keep us buying more, including the markdowns. I am definitely guilty of more-ism, no question.

**At the same time, I've learned the greatest joy is finding ways to bring smiles to others vs. myself. Let's live simpler, happier - and for others.**

Back to all of my pictures, I realize they are actually the images of what really matter to us. They show the faces of those we love and share our experiences. The smiles we have, as we build sandcastles in the sun, enjoy sweet embraces with loved ones, see landscapes and sunsets in a new land. They are sweet memories and joyous experiences with those that matter the most. Let's continue to make more beautiful memories together and even start to cure our collective more-ism.

**Here are my 5 tips to reinvent more-ism:**

1. Find some quiet time and go through old pictures. Visualize the moments. Remember the smells. Feel the emotions in the faces. Simply Reflect.
2. Ask yourself: what is really important in my life? What brings me joy? Then, be sure to write it down.
3. Think about someone close to you, who needs something. Maybe a call of encouragement; maybe a letter of appreciation. Or, maybe help cutting the grass. Do it!
4. Give something of yours to someone else who would love and appreciate it. It could be a book, a special rock, an old record, a coin from another country. And, write down how it made you feel.
5. Look in the mirror and smile. I know it sounds silly and it might be awkward, but you just made the world a little better with your smile + you deserve a smile too.

**Reflection, indeed!**

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