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6p-9p

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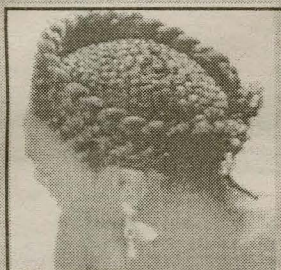
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limitations"**

Extend for Your Good

I recently returned home after a trip to the Washington state area. I flew to the area to facilitate workshops and a Leadership Retreat. My youngest sister, Benita, and my friend, Geena, met me at the airport, took me out to eat and catch up on our lives. The next day my beautiful daughter, Gera LaQue', and her partner, Jonathan, prepared a delightful dinner for me and topped it off with my Glam'son, Saaj. I realize how truly lucky and blessed I am for being in the company of such accepting people. I am so happy that Gera LaQue' has someone in her life that is willing to step up and be the responsible father/partner. On one occasion I was in the parking lot of Safeway and ran into a friend, Larry Wilmore. We talked and shared about his wonderful family and our lives. Larry opened my first business account twenty-two years ago and he is someone with such integrity and honor. I count him as my extended family amongst many others who have touched my life. Over the years people like Glen Heathcote, Mildred German, Norm Chamberlain, and Alicia Strong, have been so instrumental in my growth as a person. I am grateful they extended their hearts and took the time to share their life with me. Are you taking the time to extend your life to include others? It's amazing what happens when we open our lives to be inclusive as opposed to exclusive. Perhaps it's the lonely neighbor, the older gentleman, or young child, that would love for you to say a kind word. Look over your years and carefully observe the people who opened their lives to include you. What gift did they leave you? What gift did you bring to them? I believe that connections keep the world moving forward, so I sometimes pick up the phone and call people who have touched my life. Many times those calls go unanswered or are met with questions. I've asked myself, have we lost the sense of humanity, the sense of simply honoring each other? My hope is that we all reflect on our extended family and honor such people with a call or a simple thought of gratitude. Will you extend your heart today, your time, or even your arms, to include someone who is waiting patiently for your attention? I promise you, you will be glad you did! Until then, I extend my love and honor to you. Glad you are a part of my life!

Sepia Baker is President of Academy for Leadership & Transformation and Talk Show Host of Rediscover Your Life. Her workshops and retreats range from authentic leadership for educators/professionals to individual personal growth. Contact her at

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