

Look for Beauty and Opportunity[©]

By David J. Pollay

One morning last year my younger daughter Ariela (5) and I went to a little café for breakfast. After our meal, I held her hand as we went for a walk in an old residential neighborhood.

And about five minutes into our walk, Ariela said, "Papi, look at that tree."

I looked up and saw a fairly common looking tree without many leaves.

"Not there Papi," Ariela said as she pointed. "Look up there!"

I looked up even higher. And at the top of the tree was a burst of orange color. I had never seen anything like it before. It was absolutely beautiful. It looked like a giant bouquet of orange flowers perched on the tree's canopy.

Be an explorer of beauty...

With enthusiastic prodding from my daughter, I saw beauty I had not seen before.

This Week At Home

This week let my daughter prod you too: Look for beauty in your family and in your home.

Rather than notice the things that frustrate and distract you, make it a point to be an explorer of beauty. What do you notice about your loved ones that makes them special? Think about what you see, and tell them. What do you appreciate about your spouse that you have not thought about lately, or possibly have never acknowledged? Let them know, and make them feel great. What about your home? Is it just right for you? Remind yourself what is special about where you live.

Be A Reporter

Keep a notebook with you. Write notes. Carry a camera. Take pictures. Talk to your family and colleagues. Ask questions. Be on the lookout for beauty where you have not seen it before.

And do what reporters do: Focus. Turn off the television, radio, cell phone, and computer more often than you normally do this week. Drive without the radio on, and roll down your windows if possible. Wake up earlier at home. Go outside. Take another route to work. Invite someone interesting to lunch. Make a conscious effort to take a break from your routine: This is when you will notice things that you are typically moving too quickly to observe.

Look for that "burst of orange color" in all areas of your life.

Invite Your Family and Friends to Join You

And if you want your family, colleagues and friends to join you on your journey, send this column along to them. Have a great month, and let me know how it goes!

David J. Pollay is the creator of *The Law of the Garbage Truck*! David's book, "The Law of the Garbage Truck: Take control of your life with one decision," will be published by Sterling Publishing in September, 2010. You can find out about *The Law of the Garbage Truck*[™] and David's mission at www.thelawofthegarbagetruck.com. You can also read David's blog at www.pollayblog.com.



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