



**“Roll out the red carpet for each new day before you take your first step. Today you write your own script, tailor-made for yourself.”**

-Laurent F. Carrel, [Messages from Melanie](#)



Image from Flickr by Nan Palmero

I met Laurent Carrel and learned about his book, [Messages from Melanie](#), at a recent coaching conference. The book contains messages from his daughter who passed away 35 years ago, but has shared wisdom with her father in his sleep, every night since 2007.

When I think of “rolling out the red carpet,” I think of the rare occasions of great honor it offers to dignitaries, royalty, and people of great character.

What if we chose to see each day in our own lives as so miraculous and special that we rolled out the red carpet for ourselves before our feet touched the ground in the morning?

## **EXERCISE:**

What would be the result of rolling out the red carpet for yourself and others in your world? How would the acknowledgement and appreciation of each new day improve your life?

**“Your first impression remains—but you can revise your opinion. Look once again and give someone a second chance!”**

-Laurent F. Carrel, [Messages from Melanie](#)



Image from [sblue-route.com](http://sblue-route.com)

Most of us are familiar with the adage, “You never get a second chance to make a first impression.” Unfortunately, people come to rapid decisions based on their initial perceptions, which happens in mere seconds.

Today’s quote suggests that we all have the power to offer anyone a “do over,” the opportunity to shift our view of them to something far more positive and favorable.

## **EXERCISE:**

Where would there be great value in offering others a second chance, personally or professionally?

Where could you ask those who do not perceive you as you desire for a “do over” as well?

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**"You have too many choices. The process of elimination is your sedimentation tank. What remains are the priorities."**

—Laurent F. Carrel, [Messages from Melanie](#)



Image from [brainfodder.org](#)

When was the last time you visited a big-box supermarket? It has been estimated that the number of food products in these megastores are in the tens of thousands. Clearly it is impossible to get everything in our shopping cart, so we all go through some process of elimination. We use criteria such as healthiness, value, shelf life, and taste as factors to make our choices.

## **EXERCISE:**

What criteria do you currently use in your personal and professional worlds to filter out unhealthy or undesirable options that do not serve your highest priorities?

How could being more selective improve your world?

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**"Put your light on the table where it can shine, without blinding others."**

—Laurent F. Carrel, [Messages from Melanie](#)



Image from [workwithreema.wordpress.com](http://workwithreema.wordpress.com)

Most people would agree that bragging, showing off, and calling excessive attention to ourselves are unbecoming traits. A question to ponder might be how do we toot our own horn without blowing it?

Perhaps if we simply consider our gifts, talents, and creative ideas as a form of light, we can use our own personal dimmer switch to tone things down a bit, not blind those around us, and offer them the opportunity to shine as well.

## **EXERCISE:**

In what ways can you become more aware of how to contribute and illuminate various situations without blinding others in the process?

Consider looking for opportunities to help others shine and add their own contributions as well.

## "Even a monster backs off when one feeds it lovingly."

—Laurent Carrel, [Messages from Melanie](#)



Over 40 years ago, I worked my way through school as a “Deli Man” at a popular restaurant in Philadelphia called *Jacks*. I earned a whopping \$36 for my 12-hour, Saturday night shift.

Saturday was the busiest day of the week, since many customers were purchasing ingredients for the traditional Sunday brunches held in the neighborhood.

One day, I noticed that all the other Deli Men had taken their 30-minute breaks just as a particular customer came to the counter. They left me with the woman they called “The Deli Monster,” because she was never satisfied and complained about everything.

Somewhere along the line, I had heard someone say “kill them with kindness,” so I determined to meet and exceed her every desire. She practically adopted me, and I became her favorite Deli Man for the rest of my time at the restaurant!

### **EXERCISE:**

Who are some of the monsters that terrorize your personal and professional worlds? Where would a kinder, more loving approach do the trick and have them back off as well as become a friend or ally?

**“You will not stop a steamroller by standing in front of it, but by letting it run out of steam.”**

—Laurent Carrel, [Messages from Melanie](#)



Image from [thoughtleadersllc.com](http://thoughtleadersllc.com)

Do you know someone who unleashes anger, judgement, frustration, and upset on you or others from time to time?

Once they're on a roll, there seems no stopping them, but there is one technique that can take the steam out of them. Choose to demonstrate interest in them by listening even more fully to their issues and concerns.

Use well-structured open-ended questions and layering to gain a greater depth of understanding. With this technique, you will likely help them quickly run out of steam.

## **EXERCISE:**

Where and with whom could you try this technique, to create more work-ability in this important relationship?

**"Time is one of the most loving and compassionate gifts you can give someone, including yourself!"**

—Laurent Carrel, *Messages from Melanie*



Image from clock-desktop.com

About five years ago, Warren Buffett teamed up with Bill and Melinda Gates in a campaign called [Giving Pledge](#), which has billionaires give away the bulk of their wealth.

Today, more than 130 individuals and couples from over 14 countries have pledged to give at least half of their fortunes to charities and philanthropic causes, either during their lifetimes or in their wills.

Beyond the monetary gifts, many are also giving away the precious offering of valuable time – which is something we can all consider as we pursue lives of passion and purpose.

## **EXERCISE:**

If time is the coin of life, where and with whom might you spend it more generously, to make a bigger difference in your communities?

Be sure to make time for yourself as well



# "When the universe celebrates success, are you a joint partner or a spectator?"

—Laurent Carrel, Author



I recently had an inspiring conversation with Marvin P, a friend at my health club. Marvin is now 80 years young. He's been a softball fanatic for as long as I've known him.

Each season, he mentions that he is slowing down a bit more as we discuss his running, fielding, and course, batting abilities. On this particular occasion, he shared that his travel team had just won the 2016 national championship in his age division!

## EXERCISE:

In what areas of life is it time to get out of the stands and onto the field, to pursue and celebrate your personal and professional championships?

