



# Corsini's Point of the Week™

March 17, 2008



## Living a Life of Faith

During this Holy Week and in anticipation of Easter, many of us are reflecting upon our faith. And that's a great thing. Wherever you worship and however you go about it, faith makes your life better; it gives life meaning and purpose. **As we think about how faith touches our lives, let's consider how we can actually (and actively) live a life of faith each and every day.** There are many, many ways to do this. Here are a few steps you can take starting today:

**Be compassionate.** Put yourself in someone else's place. Feel what they feel. That's the first step toward really understanding others. And know that this leads to so much more. When you're compassionate, you're less likely to judge harshly or be prejudiced toward other people. You'll be friendlier, and you'll end up happier, too.

**Practice the Golden Rule.** Even little kids know this one. Treat others as you want to be treated. Then take it a step further. Treat others the way you think they would like to be treated. This means giving the other person even more consideration.

**Be helpful.** Look for ways to help before you're even asked. Too often, we are so wrapped up in our own concerns and problems that we forget about those of others. Reach out, and help someone. Just do it.

**Listen.** We all want to be listened to, but very few of us want to do the listening ourselves. Next time you're in a meeting or having a conversation, really listen to the other person. In our coaching program, we call this "active listening." It involves paying attention, not just waiting for a pause in the conversation so you can join in.

**Be the change.** One of my favorite Dilbert cartoons says, "Change is good; you go first." Be the one to go first, and see what happens. There's a commercial for an insurance company that shows how one good deed leads to another. A more helpful, considerate day begins when one person sees someone else doing something good and then follows that example. Be the catalyst for change in your office, at home and in your community. You'll make a difference.

### QUOTE OF THE WEEK

*"Preach the Gospel at all times—use words if necessary."*

— Attributed to  
St. Francis of Assisi

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## CORSINI'S POINT

Living a life of faith is not just mealtime blessings or one day a week at worship. If you are a person who has a real, abiding faith—it's an everyday thing, and it's in everything you do. Reflect this week on your faith, and look for ways to make faith a more important, necessary part of your life. Are you compassionate to others? How often do you follow the Golden Rule? Be helpful. Be present in the moment and practice active listening—at work and at home. Maybe it's time to turn off the TV and start interacting with family and friends. And finally, let good things start with you. If you are in a negative situation or an unpleasant conversation, take charge and change the focus. Be a witness to others by what you do and say. Do that, and you'll do what you do better.

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