

Making a Difference: What's on Your 'Schindler's List?'

Do you have a "giving" plan - a means to achieve a life of clarity, purpose and action through helping other people? You can realize this goal by offering people the gift of your time, skills and energy. If you don't already have a roadmap to guide you to these objectives, you should develop a giving plan for your life. No cause is more important than helping people, and there is no better way to create a collective energy of well being and well doing that will be irresistible for others to follow.

The award-winning movie "Schindler's List" told the story of Oskar Schindler, a German citizen who, during World War II, risked his life to save the lives of several hundred people who were Jewish. Schindler made the greatest difference anyone can make: He gave the gift of life. Schindler chose, at the risk of his own life, to save the people who worked in his factory. He was an ordinary man who understood that love needed to triumph over hate.

Schindler, though not religious, lived the maxim, "It is better to give than to receive." While we all know this tenet, do you strive to live up to its principles? What are you doing to make the world a better place? When we help others, we help ourselves many times more. You will never meet true "givers" or a true "helpers" who did not feel that their lives were enriched far more than the lives of those they assisted.

In addition, several scientific studies have measured the positive chemical reactions in our brains and bodies that occur as a result of performing good works. Further studies have documented the marked psychological benefits of helping others. You benefit both mentally and physically when you strive to make a difference for other people and, in the process, become your extraordinary self.

And if you give to others, your life will be happier and richer beyond your imagination. You will be following the path to what we call "Power Living."

At-Home Exercise - Implement Your 'Giving' Plan

1. Sit down and write out a list of people and people-centered organizations you can help, as well as the ways that you can employ your talents to help them. This "giving" plan should make optimal use of your time, skills and energy.
2. Then ask these people and organizations how they would like you to support and help them.
3. Put your giving plan into immediate action. You will instantly feel better.
4. Please note: this is about helping people, not the environment, or finding a medical cure, or animals. There is no question these are very important causes, but no cause is more important than helping people. Once all the people are helped, there will be so many more people ready, willing and able to help address the many other worthy causes that need attention in our world.

Congratulations - You have taken the first step toward "Power Living!"

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About the Author

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