

## Women in Leadership Seminar Highlights July 25, 2008



Melissa Galt

**Melissa Galt: “From Legends to Real Life”** - Businesswoman, speaker, acclaimed interior designer, consultant, and author of “Celebrate Your Life: The Art of Celebrating Everyday” and “Designing Your Signature Life.” On her way to achieving an even higher level of national success with her latest work, Melissa not only designs signature homes, she shows you how to become the architect of your own dreams. Her “legendary” background includes her great-grandfather, the famous architect, Frank Lloyd Wright; her mother, award-winning actress Anne Baxter, and her god-mother, Edith Head, the legendary costume designer.

**Melissa has learned to live life to the fullest every day. Visit her website for more insights: [www.melissagalt.com](http://www.melissagalt.com) and get her free email newsletter. Below are just a few of the insightful and entertaining “mantras” she shared with our WIL audience.**

Melissa says:

- Have a child-like sense of wonder
- Develop an insatiable curiosity – explore the world – no agenda
- Embrace the moment. Life moves fast...if you miss it, you may not get another chance.
- Be fearless / abandon all fear in all aspects of life. This can transform your life.”
- Dreams don’t have deadlines! Don’t live someone else’s dream.
- Time is the greatest non-renewable resource. Embrace the moments you have. They matter the MOST. People only regret what they haven’t done.
- Life is the same destination for all of us, just the journey can be altered.
- Push past your limits / limitations. Ask “How can I get past it?”
- Celebrate life everyday ...for no reason / for any reason.
- My annual ritual is having a “Burning your Troubles” party at the first of the year– everybody brings their troubles – minor to major – and tosses them in the chimera. Instead we focus on wishes and dreams for new year.
- Give yourself a Closet Party: Toss out / give away what you don’t need / haven’t worn or used in a year. Don’t need that much STUFF. SHARING makes the difference. Releasing “stuff” has its own rewards.
- Move forward lighter and brighter. Ask yourself, “What am I hauling around/storing?”
- Celebrate your accomplishments...NOW...and those of others around you.
- Birthdays are accumulated life lessons / WISDOM. Not as many candles as you are wise. (Suggestion: celebrate 40 days of your birthday, 20 days before, 20 days after for a really fun time. Do it for someone else as a surprise. They’ll never forget it!

- My godmother Edith Head said, “You can be anyone - just dress the part.” What part are you dressing for in your life/career?” It could be the difference in average and legend.
- Try living life in reverse: don’t wait til you’re old to travel or try new things, e.g., Melissa’s tried parasailing, bungee jumping, & many other adventures
- Nothing replaces handwritten notes on special occasions; not the same by email.

**Just a few of the many tips / HOW TO’S in her book “Celebrate Your Life.”**