

Hello!

Remember me? I was the animated lady wearing two different colored shoes who gave you an Inspiration Chip™. You signed up for this newsletter at an event where I was privileged to speak. Your privacy is important to me and your contact information will never be given to anyone for any reason.

To thank you for taking time to read my first Newsletter edition, please see my gift to you [below](#).

Also, I will not be offended if you choose to opt-out of future issues by unsubscribing. Of course I want to give you reasons to stay, so please accept a few issues of my newsletter before making a decision. I promise I will not overload your in-box!



By the way, how is your bowl of chips? Did you put your chip where you will see it? Did you share the chips story with anyone else?

If you remember the Inspiration Chip Theory™, then skip to the article [Summary](#).

## Inspiration Chip Theory . . .

Just to spark your memory, let's review the Inspiration Chip Theory™. Do you remember that I held up two clear glass bowls and gave the example of playing a game? One of the bowls was overflowing with multi-colored chips and the other bowl had only a few chips. If the object was to finish playing a game with the most chips, which bowl would you want to start with? Right! The full bowl because the more chips you had, the more you could risk in playing the game.

Then I asked you to imagine that each person carries an invisible glass bowl. The glass bowl represents their outlook on life in that moment. A person's outlook on life can be influenced by so many things, including childhood, past experiences, and present circumstances.

Some people perceive their bowl to be overflowing with chips. We like to be around these folks. They are positive, affirming, and typically generous.

In contrast, others may perceive their bowl to be nearly empty. They may be depressed, discouraged, and disillusioned with life and could use some encouragement. If you have walked in this journey called life, you have probably experienced both examples.

An astonishing privilege we have as human beings is to be able to pass on Inspiration Chips™ in the form of validation and appreciation to others.

In conducting surveys with thousands of people, from all walks of life, 99% said they would gladly welcome validation and/or appreciation from others.

Right now your family members, coworkers, or people you don't even know very well, will cross your path carrying an invisible glass bowl. Will you freely give validation and appreciation to others? If so, you are adding chips to their bowl.

Children especially need validation and appreciation from their parents and teachers. If you think back to your parents and teachers, they may have been generous in building your confidence with handfuls of colorful chips dropped in your bowl. And with that act of filling your bowl, you, in turn, also generously give chips to others.

On the other hand, your parents may have unwittingly withheld chips, which even now affects how you feel about yourself and others. Are you continuing that cycle with others by withholding chips? It is never too late to give someone an Inspiration Chip™, especially a child.

## Summary . . .

When you selected your colorful chip and held it in your hand, I asked you to remember the three points of the Inspiration Chip Theory™

- You are of value! You make a difference in this world.
- To take a quick inventory: How is your own bowl of chips? Remember that you can't give away something you don't have.
- To take another inventory. How are you doing at dropping chips into the bowls of others?

If the Inspiration Chip Theory™ has made a difference in your life, please share your story in an email to me. With your permission, I would love to share it in encouraging others.

Sincerely,

**Arlene**

Arlene Kaiser, Ed.D.  
Arlene Kaiser Productions



## Send a Card . . .

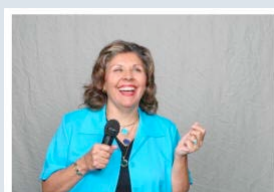
. . . to someone you care about, and this is a "Chip" you are passing on.

I believe so much in filling the bowl of chips of others that I want you to experience this first hand! So be my guest:

- Think of one person you would like to validate, encourage, or honor;
- Have their physical mailing address handy;
- Send them a beautiful card of your choice through first-class mail, with a real 42-cent stamp and envelope! They will receive it in about 2 days US mail.
- To get started, go to [Send Out Cards](#) and enjoy the process of giving someone an Inspiration Chip™.

If you have any problems, email my assistant, [Cindy](#).

My Speaking  
Engagement with  
Suze Orman!



I am very excited to be a speaker, along with **Suze Orman**, at the Central California Women's Conference, in Fresno, next month.

[Find out more . . .](#)

**Quick Link to**

[Arlene's Website](#)

For new subscribers:



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