

Michelle Gielan

Quotes

*People, Powerful, Venting, Fun, Negative, Research, Media, Trying, Brain,
Workout, Days Off, Focus, Believe, Negativity, Depth, Thinking, Want, Running,
Kids, Forget*

People are pulled towards the best in themselves, and spotlighting the right is a much stronger approach than nagging.

~Michelle Gielan

I think there is little harm in venting here and there about things, as we are all human, and it is good to express emotions.

~Michelle Gielan

People will often say "You can't change other people." My research shows this societal belief is not only dis-empowering, it is scientifically false.

~Michelle Gielan

Too quickly, venting can turn into dumping garbage on the people around us.

~Michelle Gielan

We are all constantly transmitting information to the people around us, and the messages we choose to communicate either create success or hold us all hold back.

~Michelle Gielan

There is no greater prediction in the research of our levels of happiness than the breadth and depth of our relationships.

~Michelle Gielan

We change people, but oftentimes we get so focused on the negative people and their influence on us, we forget how powerful we are as positive people to influence others.

~Michelle Gielan

Change your story, change your power.

~Michelle Gielan

Being in touch with the problems in the world or our lives is important, but even more important is to focus the brain on what we can do about them.

~Michelle Gielan

Social comparison that leads to unhappiness is the downside of social media.

~Michelle Gielan

Focusing on solutions fuels progress.

~Michelle Gielan

For me, I love dancing!

~Michelle Gielan

I've learned to stop being so serious!

~Michelle Gielan

I realized there was a better way to broadcast the news that empowered people to believe they could overcome challenges.

~Michelle Gielan

Instead of running from the negative, I've started running towards the positive.

~Michelle Gielan

With technology and over-scheduling, we are forgetting to invest time in simple connective moments with others.

~Michelle Gielan

Following celebrities or people you don't regularly see in person often doesn't add to our happiness. The best use of social media is to deepen existing close relationships or create new ones.

~Michelle Gielan

Fun can be a great motivator.

~Michelle Gielan

We are ALL broadcasters.

~Michelle Gielan

I try to only vent when I really need to process something, and let the rest go.

~Michelle Gielan

Know that positive change is possible. It might not happen right away, but if you change your broadcast to them, that can have an effect on how they view the world.

~Michelle Gielan

Surfing the web often comes at the cost of face-to-face time with friends and family.

~Michelle Gielan

If you want a particular behavior from someone else, try spotlighting those times when he or she is already doing it.

~Michelle Gielan

Starting our day off with a dose of negativity can have lasting effects.

~Michelle Gielan

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