

The Legacy Lounge Podcast with Tiffany Neuman  
Season 1, Episode 69  
The Simplest Way to Tune Into Positive Energy

**INTRO:** Hi, I'm Tiffany and you are listening to The Legacy Lounge podcast. If you are a high achieving, mission-driven entrepreneur who wants to elevate your income, impact, and influence, you're in the right place.

I left my corporate career as a creative director for Fortune 500 brands to create a legacy with my work and to support entrepreneurs to do the same. I'm not talking about having your name on a building or statues in your image. I'm talking about leaving behind a positive impact and creating something enduring that can be passed on. You pour your time, energy and passion into your business, so let's make sure your efforts will create a ripple effect that reaches far into the future.

Each monthly series will guide you through the business leadership and life skills you need to successfully leave a legacy that stands the test of time, and each episode is totally valuable on its own. We are here to provide you with the tools and ideas to make massive shifts and quantum leaps in your business, transforming you from entrepreneur into legacy brand.

TIFFANY: Welcome to day two of our little loving kindness exercise. Yesterday, we gave some loving kindness to somebody that you truly love.

Today, I want you to shift your focus to someone that's neutral. So maybe it's a neighbor that you don't really know, the mailman, a bus driver you saw, a store clerk, an Amazon delivery driver. Just think of the first person who pops into your mind that you really are neutral about.

And we're going to go through the same patterns as yesterday.

I want you to think about something that you can be grateful for about that person.

Now go ahead and wish something positive for that person.

Finally, I want you to send loving thoughts to that person.

Now, notice, maybe it was a little bit more difficult to think for that person. Maybe you didn't get quite the tingles or the smile on your face. But notice that it still lifts your energy, directing beautiful thoughts towards somebody that you maybe don't even know that well.

So go ahead, keep this energy with you, and I'll meet you back here tomorrow.

**OUTRO:** That's it for this episode. Thank you for listening to The Legacy Lounge Podcast. Connect with me on Instagram [@tiffanyneumancreative](#) I would also love to hear your feedback to see what resonates with you and what you'd like to hear in the future.

If you love this episode, please provide a review and we will be forever grateful. You can always find links and resources shared on the show by going to [yourlegacybrand.com](#).

Remember what you leave behind is not what is engraved in stone monuments, but what is woven into the lives of others. What are you doing today to pour into others and to leave your legacy?