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I Value my Dog, Does it Value Me?

Dogs are a fascinating subject for research. This month we will look at some of the effects of this research.

You may have seen various YouTubes on “guilty” dog looks. Maybe it is not guilt that is behind “the look.” Perhaps, instead, they are merely responding to being in trouble rather than guilt regarding their action. Researchers have found, in the games they use with dogs, that dogs are “associative.”

Dogs seem to learn from inferential learning. Rather than learning something directly, they learn from association. You may have noticed this when you give a gesture to a dog. They read these gestures and infer meaning from them, that they associate from past use of that gesture.

Dognitio, based in North Carolina, has used games to determine a dog’s personality type and character traits. No Myers-Briggs for your dog. And I find this very interesting: it is the information given by a dog owner, that determines the dog’s characteristics and personality type.

There are nine personality types: stargazer, ace, charmer, Einstein expert, maverick, proto-dog, renaissance and socialite dog with 18% being proto-dogs, followed by charmers and socialites at 16% each. Keep in mind that these are science based games.

Dogs at Dognitio are then put through a series of games to determine their level of empathy, communication, trustworthy and lpayl scale, their wily and devious natures, their memory and reasoning abilities.

Apparently there are 10 games that measure five types of intelligence: empathy communication cunning, memory and reasoning. These ten games have been used with dogs to determine their level of intelligence.

Empathy involves responding to the emotions of others; communication involves observing how dogs use information to assess their environment; games that let researchers know if and how dogs are using information to avoid being found out after they have don something wrong.

Try this with your dog: place two of the same treats on each side of you. Purposefully point to one of those treats. Which treat does your dog go to? That choice indicates their sense of loyalty or independence.

But who needs science when you know your own dog?! You know they value you!



This Month's Offer:

For those of you in the Life Focus programs, we will provide an extra 20 minute call with Bhaj for a question or concern you might have about building your own significance.

This is in addition to your regular May call with Bhaj

Contact grace@focusandsustain.com to take advantage of this exclusive offer.

This offer ends on May 23, 2018

We have heard the phrase *"live each day like it's your last"*. We updated it to *"live each day like it's your best"*.

Missouri, Colorado, and France

Did you know that there are architectural remains of a thirteen century city east of St. Louis? It is called the Cahokia Mounds. Under the mound that exists today there was a city larger than London back then.

Did you know that Colorado was inhabited by a Pueblo people who disappeared in the 1300s? Their cliff dwellings can still be found in Mesa Verde.

Have you heard of the Chauvet Cave in France? It was discovered by 3 speleologists in 1994. It has what is considered to be the oldest cave paintings in the world. They are over thirty thousand years old. Werner Herzog, the renowned German film director was asked and given sole rights to film the cave's treasures. He worked under strict conditions to show us these old artifacts: no temperature producing lights, as the heat from the lamps could change the climate in the caves; only 3 people could join him as the body's heat could jeopardize the climate and he had to build a special 3-D camera to fit in the small enclosure of the cave.



"You never know how strong you are until being strong is the only choice you have"

Bob Marley

Life Matters



Money Focus

What is your money type? Are you a spender, saver, investor, or giver?

You are most likely a blend of the types listed above. Which ones do you favor?

- Do you find that you spend more than you would like?
- Do you find that you save but not sure for what purpose?
- Do you find that you give any time there is an ask from a friend, an organization or an online appeal catching your attention?
- Do you invest your money with objectives in mind or is it merely a payroll deduction to which little attention is given?

Which type needs your attention? Strengthen it this month. Share with me what you have learned as a result of doing so.

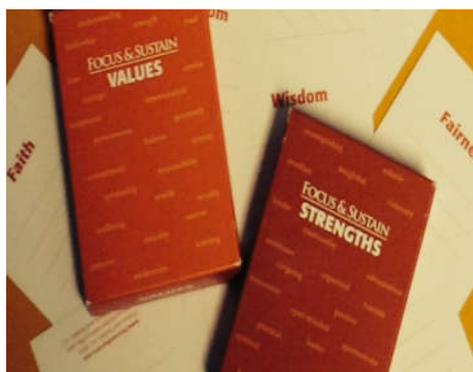
Short Focus Tips

Life Focus

- When life seems demanding
- When it feels like others are ruling your life
- When key relationships begin to fade
- When you find yourself beginning to disconnect from what is really important to you

It is time to reconnect with your “Conference Table of Strengths”©.

Your strength advisors will remind you of what is important to you. Have a conference with them. They are there to guide you and to ally with you in times of stress or disconnection. I keep my “table” on the wall need me and refer to them when I need centering.



Legacy Focus

When family means more than money, passing on your wealth requires much more than preparing the money for its eventual distribution.

- When family is important to keep together, the family also must be prepared to receive the wealth, as stewards rather than as consumers of the wealth.
- Family dynamics play a gigantic role in preparing family members for the receipt of wealth.
- Developing your family’s purpose plays a key part in keeping the money and the family together.

Passing on wealth is not just about passing the money on. It also encompasses preparing your loved ones to carry on the guiding principles that make your family the jewel that it is...for generations to come.



Life Matters



N.Cog Has a Comment or 2 or 3 to Share

I have been doing some chewing this last month and wanted to share what I have gleaned with you from a few quotes I have read.

Quotes from the Frontlines:

“Seek precision more than perfection” - I relate to this quote because it removes the element of an absolute and replaces it with an intention.

“Focus on what’s important, sustain what matters” - This is the key to life for me. Everything I do in life is geared to support this. Sometimes I falter but I am always clear on knowing I can “pick” myself up and refocus my efforts.

“Live to illuminate not manipulate” - Sounds easy, much like a “Just do it” action doesn’t it? Maybe not that easy but this quote rocks my boat. It is clear, concise and adds brilliancy to life.



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“It is good to have an end to journey toward; but it is the journey that matters, in the end”

Ursula KLe Quin