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## Get an Attitude of Gratitude

The second presentation in the Capitol PhotoInteractive's Steven Madwed Business Lecture series was presented by Sean Kilbride on Thursday, November 16<sup>th</sup> at the Capitol PhotoInteractive studio located at 1300 Post Road in Fairfield, CT.

Sean Kilbride is an Associate Vice President at A.G. Edwards Sons, Inc. in Southport, CT. Mr. Kilbride spoke to a local group of entrepreneurs, individuals and business owners on the subject of "Bringing your Life and Finances Back to Basics". His own personal experiences with family members and friends who during their lives continued to thrive through extremely difficult life situations were highlighted at the beginning of his talk.

Mr. Kilbride asked the audience to think about areas of each participant's life where they might just be surviving and not quite thriving as much as they would like. He also shared statistics on our nation as a whole and referred to a broad spectrum of health and personal financial issues among the public. "Your thoughts can generate the same recurring pattern day after day. Change your thought pattern and change your approach to these areas of your life. What you think about is truly what you are". "If you continue to focus on the things that you don't have in your life you will continue to not have them."

Sean's suggestion was to "**Get an attitude of gratitude**. Focus on what is working and feel great about those things. Take a look at the area of your life that  
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you want to thrive more in ....focus and be happy about what is going well in that area. Your thoughts must manifest into action.

Mr. Kilbride paralleled personal finance and personal health practices. Using Warren Buffett as an example of a successful individual in the area of financial management. His concepts are simple and fundamental. Rule number one is *Don't loose money*, according to Buffett. Mr. Kilbride quoted the methods and principals behind two mutual funds. One using a simple and stated objective of "maintaining and growing your investment ". The other that was focused on "growing your money". The fund focused on *Not loosing Money* won out over the long run.

Jack Lalane was highlighted as a physical fitness pioneer with his own simple stated philosophy which began in the 50's ..."Exercise is King and Nutrition is Queen, put them together and you have a Kingdom". This simple exercise and nutrition suggestion is the simplistic plan for health that Sean has followed in his own life.

With using both of the pioneers mentioned in the financial and nutrition areas as examples of successful leaders, Sean suggested that sticking to core basic philosophies would allow people to be better set up to *thrive and not just survive*.

For more information on upcoming speakers in the Steven Madwed Business Lecture Series or if you are interested in being a guest presenter for this series please contact Regina Madwed at Capitol PhotoInteractive, 203-255-4002, [www.CapitolPhotoInteractive.com](http://www.CapitolPhotoInteractive.com).