



VBA FINANCE CENTER
HINES, IL

Happiness is an Inside Job!



7 Powerful Steps to Success & Happiness







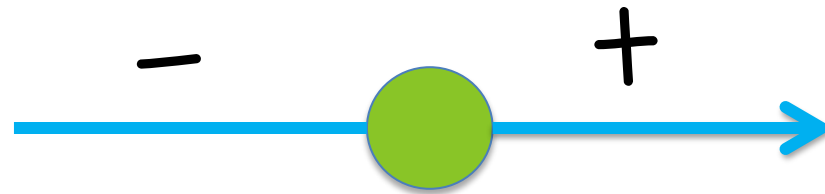
**Are you
happy?**

Positive Psychology and the Science of Happiness

***It's Focusing on What WORKS
Not What Doesn't!***

It's not about being happy, it's about being

Happier



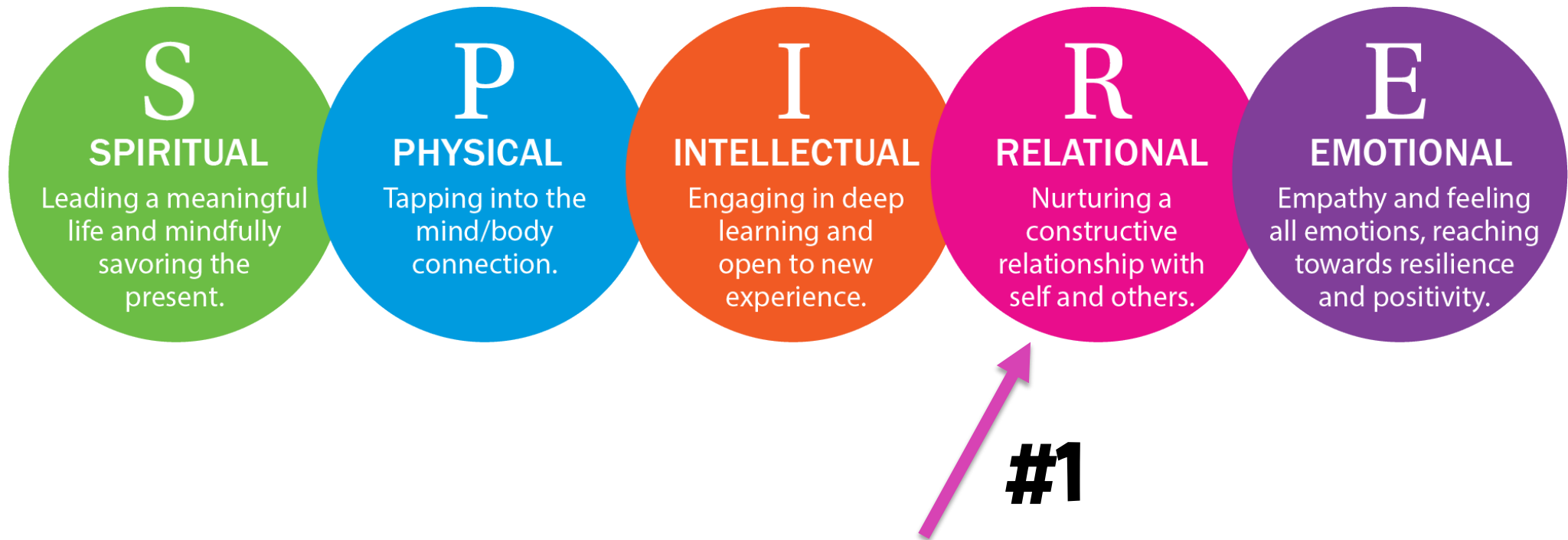
It's not about things.

It's about leading a full, fulfilling and real life.

REAL! You do you!

The **SPIRE** Model of Happiness!

To be happier, focus on the wholebeing: **S-P-I-R-E!**






***7 Powerful Steps
to Success &
BECOMING HAPPIER***



Step #1: The Power Of Stillness





*Happiness
Starts from the
ground up...*





Just breathe...

Mindfulness

*Keeping one's complete **attention** to the **experience** on a **moment-to-moment** basis in an **open** and **non-judgmental** way.*

Over 50,000 Thoughts Per Day

- thoughts can be handy:

- ✓ creative

- ✓ new ideas

- ✓ making plans

- thoughts can be problematic:

- ✓ worry

- ✓ rumination

- ✓ negative stories about the self



this is why the dog is happy



Mindfulness:

- Relieves stress
- Increases energy
- Opens your mind to new ideas and creativity
- Puts you in a good mood for the entire day
- Lets you tap into your inner voice
- Brings you to the present moment
- Helps you just be – grounds you.





Be open to
everything
and attached to
nothing.



**Mindful
Listening**



Let's Listen!

What is going on in your life?

What's it like to be you right now?

What is a challenge for you?



**Step #2:
Happiness &
Gratitude!**



Gratitude

- **Make it heartfelt**
- **FEEL it**
- **Visualize it**
- **Only when it feels right!**



Benefit Finding...

Gratitude on steroids.



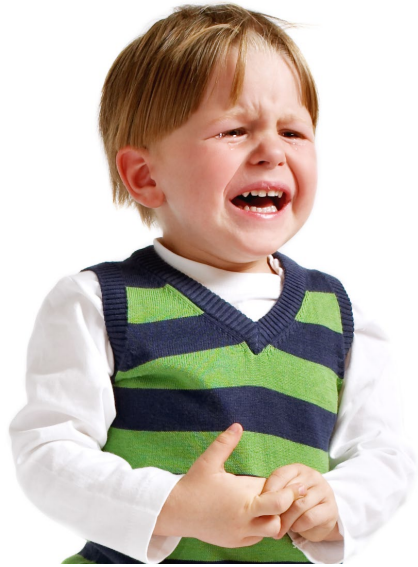
**Fault
Finder**



**Benefit
Finder**



Which one are you?



Fault Finder

- Always looks at the problem. Always finds things to complain about. Many organizations can be filled with them if you let them. It's their story.
- The world is just a bad, negative place.



Benefit Finder

- Looks on the bright side of life.
- The benefit-finder finds the good things in our lives. They experience bad feelings, too. But there's a balance.

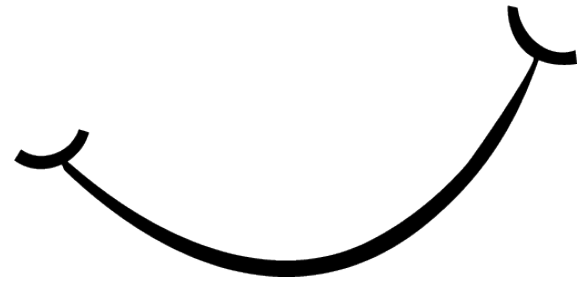
**Things don't necessarily happen for the best,
but some people are able to make the best of things that happen.**

How do you interpret a situation? You always have a choice.

That interpretation makes all the difference.

It's your power of gratitude!

Let's Practice!



Be a Benefit Finder!

Write one thing that went wrong today:

Now, write down at least one good thing regarding the above. If you can think of 2-3, great, but write down at least one.

Write one thing that went wrong today:

Now, write down at least one good thing regarding the above. If you can think of 2-3, great, but write down at least one.

Practice Gratitude

Write five things that you are grateful for in your life:



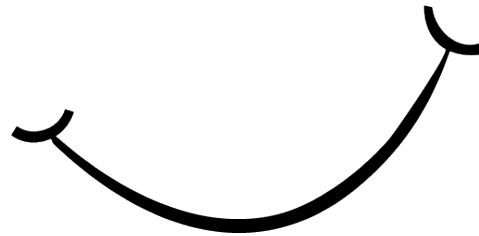
Benefit finding is gratitude on steroids. Practicing gratitude when you can will create more happiness in your life. But there are keys to gratitude:

- Make it heartfelt.
- FEEL it. If you just write it, you're just going through the motion.
- Visualize it.
- Journal gratitude when it feels right. One time a week is enough to increase happiness.



Step #3: You do you!

(focus on your inner strengths – Your SUPERpowers)



2 Kinds of Strengths



External

- What am I good at?
- What are my talents?
- Primarily about performance.

Internal/PASSIONS

- What gives me strength?
- What energizes me?
- Primarily about experience (sustains)
- Positive parts of personality

WISDOM

COURAGE

HUMANITY

JUSTICE

TEMPERANCE

TRANSCENDENCE

6 Virtues 24 Strengths

1: Appreciation of Beauty & Excellence 🌟

Noticing and appreciating beauty, excellence, and/or skilled performance in various domains of life, from nature to art to mathematics to science to everyday experience.

2: Honesty 🌟

Speaking the truth but more broadly presenting oneself in a genuine way and acting in a sincere way; being without pretense; taking responsibility for one's feelings and actions.

3: Humor 🌟

Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

4: Perspective 🌟

Being able to provide wise counsel to others; h make sense to oneself/others.

5: Creativity 🌟

Thinking of novel and productive ways to co artistic achievement but is not limited to it.

6: Leadership 🌟

Encouraging a group of which one is a me time maintain good relations within the gr that they happen.

7: Judgment 🌟

Thinking things through and examining conclusions; being able to change one's evidence fairly.

8: Bravery 🌟

Not shrinking from threat, challenge, even if there's opposition; acting on bravery but is not limited to it.

9: Prudence 🌟

Being careful about one's choices

10: Fairness 🌟

Treating all people the same according to notions of fairness and justice; not letting feelings bias decisions about others; giving everyone a fair chance.

11: Love 🌟

Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people.

12: Gratitude 🌟

Being aware of and thankful for the good things that happen; taking time to express thanks.

13: Curiosity 🌟

Taking an interest in ongoing experience for its own sake; finding subjects and topics fascinating; exploring and discovering.

14: Hope 🌟

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.

15: Social intelligence 🌟

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.

16: Zest 🌟

Approaching life with excitement and energy; not doing things halfway or halfheartedly; living life as an adventure; feeling alive and activated.

17: Perseverance 🌟

Finishing what one starts; persevering in a course of action in spite of obstacles; "getting it out the door"; taking pleasure in tasks.

18: Kindness 🌟

Having coherent beliefs about the higher purpose and meaning of the universe; knowing where one fits within the larger scheme; having beliefs about the meaning of life that shape conduct and provide comfort.

20: Teamwork 🌟

Working well as a member of a group or team; being loyal to the group; doing one's share.

21: Humility 🌟

Letting one's accomplishments speak for themselves; not regarding oneself as more special than one is.

22: Forgiveness 🌟

Forgiving those who have done wrong; accepting others' shortcomings; giving people a second chance; not being vengeful.

23: Love of learning 🌟

Mastering new skills, topics, and bodies of knowledge, whether on one's own or formally; related to the strength of curiosity but goes beyond it to describe the tendency to add systematically to what one knows.

24: Self-Regulation 🌟

Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

People who use their character strengths are 18x more likely to be flourishing than those who do not!

Your Inner Strengths...

- Identifying your best self
- When we identify and focus on these, we are not only happier, but we are more successful. We feel more confident. We flourish.

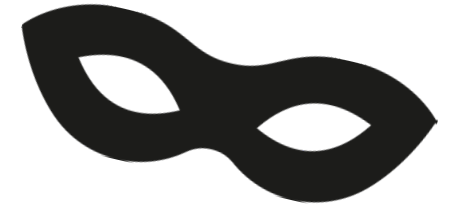
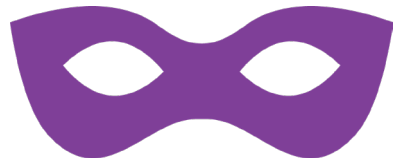
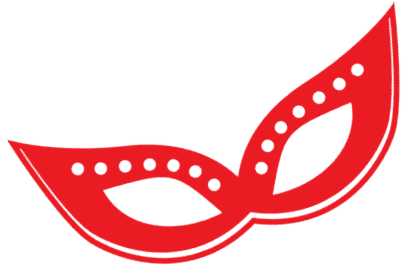


Your Inner Strengths are...

- Honest
- Positive
- Empowering
- Energizing
- Connecting
- “Power”-full

The image features a vibrant, multi-colored background composed of various comic book-style patterns. A large, white, irregularly shaped speech bubble with a thick black outline is centered on the page. Inside the speech bubble, the text "Let's Go to Video!" is written in a bold, black, sans-serif font. The background consists of several rectangular panels with different patterns: blue radial lines, purple polka dots, green polka dots, yellow diagonal lines, orange radial lines, red polka dots, pink diagonal lines, green wavy lines, blue radial lines, and purple polka dots.

Let's Go to Video!



You Have Superpowers!



Focusing on them makes them stronger —
and makes you happier and more successful!

And if you focus on the people around you
and their strengths,
it makes them stronger too!



6 Virtues 24 Strengths

Your INNER Strengths, Your
Passions
Not External or Talents

It is NOT about
performance...
It is about experience...
what sustains you and
energizes you!

WISDOM	Creativity	Curiosity	Judgment	Love of Learning	Perspective
COURAGE	Bravery	Perseverance	Honesty	Zest	⚡
HUMANITY	Love	Kindness	Social Intelligence	⚡	💥
JUSTICE	Teamwork	Fairness	Leadership	💣	⚡
TEMPERANCE	Forgiveness	Humility	Prudence	Self-Regulation	?! 📢
TRANSCENDENCE	Appreciation of Beauty & Excellence	Gratitude	Hope	Humor	Spirituality

24 Character Strengths are Grouped...



Superpowers!



**Engaging, Energizing, and
Comfortable**

Family and friends would agree these are important strengths that you have.



Situational strengths.



A fair amount of effort and energy for you to use these strengths.

IMPORTANT!

These are **ALL STRENGTHS/POWERS!**
There are **NO BAD** strengths!

You have **ALL** these powers – all 24 Strengths!
**Some of your powers are more naturally-occurring
in you than others.**
These are your SUPERPOWERS.

You have the capacity to express and develop all
of the 24 powers.

All powers are important – they all matter – some are more relevant at certain
times than others.

What are your
SIGNATURE
strengths as a group?

What are your
Superpowers?





Gratitude

#1 Strength

Being aware of and thankful for the good things that happen; taking time to express thanks.



#2

Speaking the truth; presenting oneself in a genuine way; being sincere; without pretense.

#3

Liking to laugh; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.

#4

Treating all people the same; no bias in decisions. Giving all a fair chance.

#5

Valuing close relations with others, in particular those in which sharing & caring are reciprocated; being close to people.



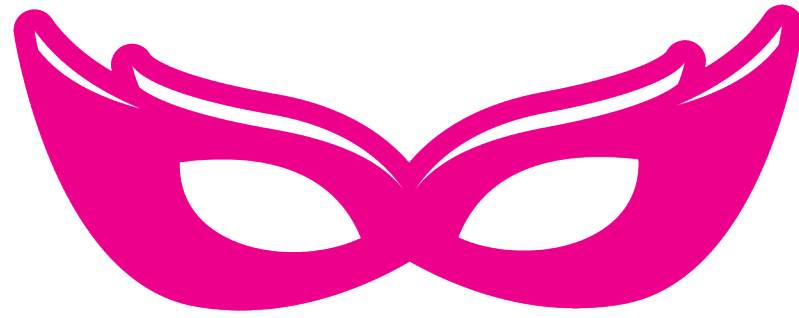
Superpowers as
a group...

**BUT A
CAVEAT!**



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**Employees who apply
four or more of their
signature strengths
experience more
positive experiences
at work and are more
likely to experience
work as a calling.**

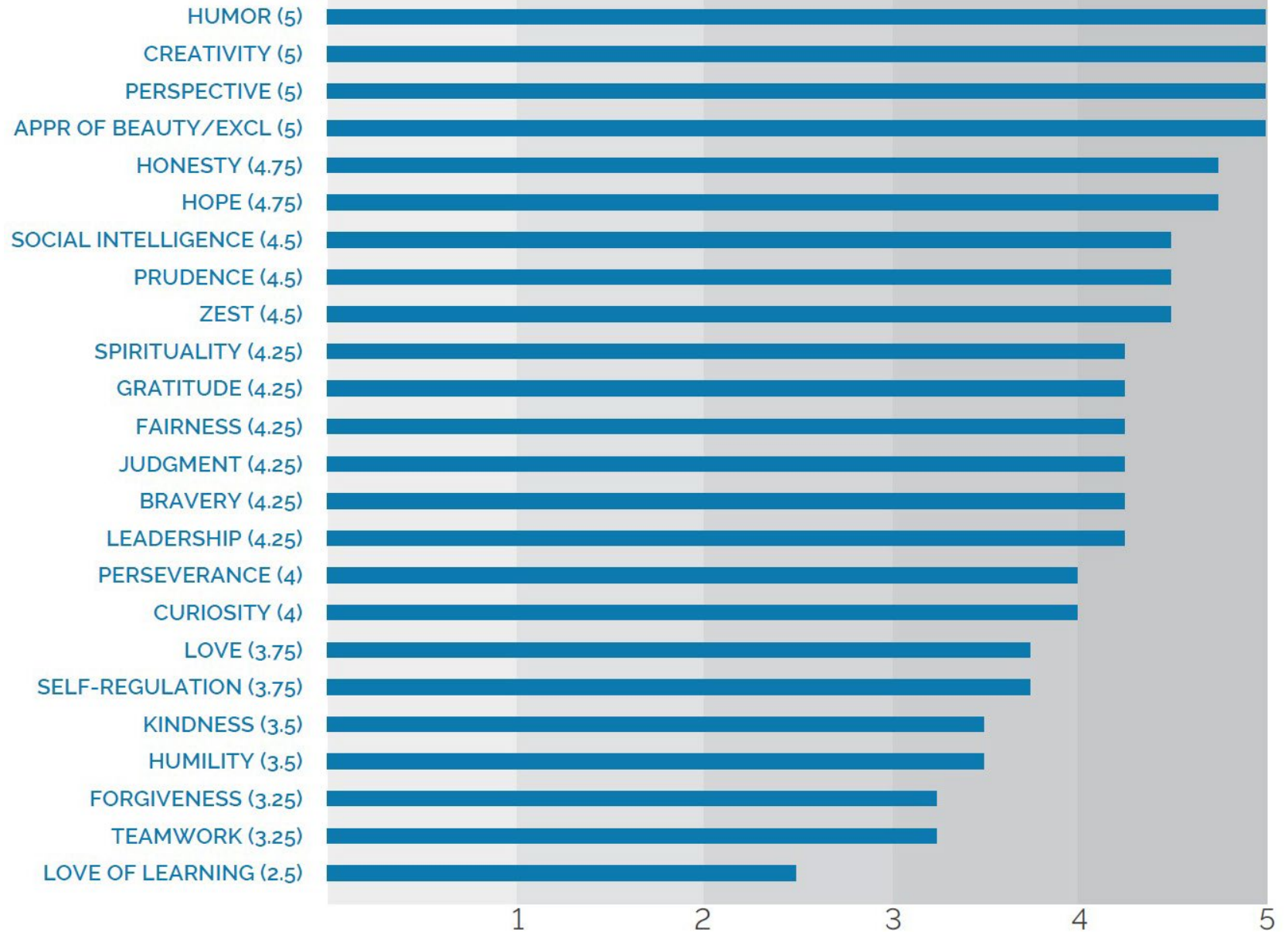


**Remember that signature strengths
-- YOUR SUPERPOWERS --
are strengths that you would sorely miss
if you were unable to express them.**



**What Feels
RIGHT to YOU?
Trust your gut!**

**Remember...
differences can
be
infinitesimal.**





If you don't find yourself resonating right away with your 5 highest strengths as signature, don't worry. In addition to feelings of excitement, joy, and pride, here are some other common reactions:

- **Surprise** – “I would never have expected that as a top strength!”
- **Confusion** – “What is that doing there?” or “This strength is more important to me than that one.”
- **Wishing** – “I want to change my profile! I wish I had bravery or perseverance in my top five.”

What are *YOUR* Superpowers?

Let's Share...



Going into Groups

Each person pick one of your TOP 5 strengths
(the one Superpower that connects with you the most)

Also pick one of your LOWER 5 strengths

- Talk about why that top strength is important to you. What you love doing that connects with that strength.
- Those listening: if you know them, why do you appreciate this strength in them? If not, tell them how you would imagine their strength is important for your department!
- Then talk about your lower strength and how it makes you feel.

Can Your Inner Strengths Change?

Yes and No...

Studies have found that workers who apply four or more of their signature strengths experience more positive experiences at work and are more likely to experience work as a calling.

Ask the question:

“What opportunities are there within the employee’s job and our department of the Veterans Benefits Administration to foster his or her character strengths further?”

Were you concerned over a lower strength?

Remember: these are ALL strengths!

A lower strength doesn't mean you're not great at it.

(Teamwork... Zest... Self-Regulation... Forgiveness... Leadership)

Focus on all... but focus on superpowers to be happier
and to flourish at work and life!

What are your
LOWER strengths
as a group?

They may surprise
you!





#24 Strength

Regulating what one feels
and does; being
disciplined; controlling
one's appetites and
emotions.



#23

Regulating what one feels and does; being disciplined; controlling one's appetites and emotions.

#22

Encouraging a group of which one is a member to get things done and at the same time maintain good relations.

#21

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations.

#20

Not shrinking from threat, challenge, difficulty or pain; acting on convictions even if unpopular.

IMPORTANT!

You might feel a strong reaction to the strengths that appear at the bottom.

Remember: the survey *does not measure weaknesses*.

Therefore, lesser strengths should be viewed as strengths that you have the capacity to express, they just might be:

- Underdeveloped
- Unrealized
- Not as valued as other strengths
- Less understood compared to other strengths
- Less used compared to other strengths

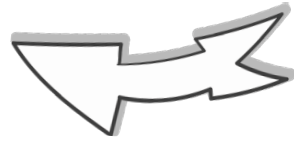
Honesty

Gratitude

Fairness

Hope

Kindness



**Use Your
Signature
Strengths
to Boost Your
Lower Strengths**



**Want to build
Lower Strength?
Just Don't Ignore
Your Superpowers!**

Zest

**Self-
Regulation**

Perseverance

Leadership

Bravery

The image features a vibrant, comic book-style background composed of several rectangular panels with different patterns and colors. The panels include blue with radial lines, purple with a dot pattern, green with a dot pattern, yellow with diagonal lines, orange with radial lines, red with a dot pattern, pink with diagonal lines, green with wavy lines, blue with radial lines, and purple with a dot pattern. A large, white, irregular speech bubble with a thick black outline is centered on the page. Inside the speech bubble, the text "Use Your Superpowers Each Day!" is written in a bold, black, sans-serif font, arranged in three lines.

**Use Your
Superpowers
Each Day!**

Christine!



Creativity
Gratitude
Hope
Love

Tara!



Perspective
Forgiveness
Leadership
Honesty

Jennifer!



Love
Humor
Gratitude
Hope

Natalie!



Honesty
Gratitude
Love
Fairness

Nancy!



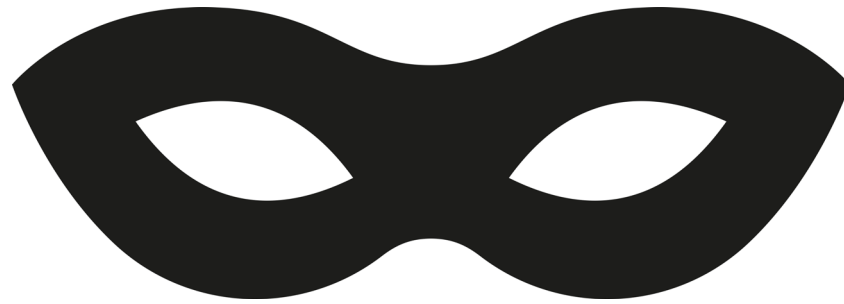
Kindness
Love
Humor
Spirituality

Jaqueline!



Spirituality
Gratitude
Forgiveness
Hope

While the VIA Survey is a beneficial and accurate test, it's important to recognize that your results should not be viewed as more important than how you view yourself. No test in the world can perfectly capture something as complex as who you are.

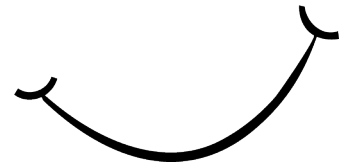


Inner Strengths are About Power & Empowerment.

**You Being You
is Your Ultimate Superpower!**



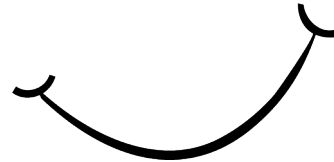
BREAK!





Step #4

**Strike A “Power”
Pose!**



**Commanding a powerful
stance, can make you feel
more
powerful and confident...**

And happier!



**Low
Power...**



**Happiness
Power!**

Before a presentation or social situation, or even if you're just needing to feel a little more grounded...take just 2 minutes...



SUPERMAN – WONDERWOMAN POSE

Plant feet firmly and feel the earth under your feet.
Shift your pose to make yourself appear bigger. That can take you from looking and feeling meek to seeming powerful and confident.

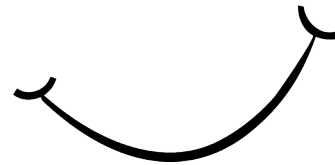


TALL AND PROUD POSE!

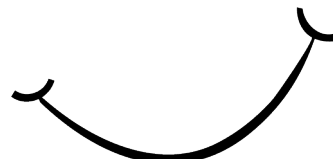
Take a private moment to hold your arms up in a V-shape and lift your chin. Feet firmly planted. This can make you feel and seem powerful and confident, too!



**Stand In
Your Power!**





Step #5
Happiness &
Words! 

*watch your **thoughts**: they become **words***

*watch your **words**: they become **actions***

*watch your **actions**: they become your **habits***

*watch your **habits**: they become your **character***

*watch your **character**: it becomes your **destiny**.*

— Frank Outlaw —

Words are more than just a way to communicate. Words have energy. They hold a vibration, they have superpowers, they give meaning, they inspire.

Words have the power to impact us both negatively and positively on a daily basis, depending on the words you use.

And a single word is the most powerful.

Positive Words & Phrases
Pick one of these words or find one on your own!

Abundance
Achieve
Adventure
Allow
Amaze
Appreciate
Ask
Aspire
Be
Begin
Believe
Blessed
Bloom
Brave
Breathe
Cherish
Courage
Create
Create a good life
Dance
Dare
Decide
Determined
Discover
Disregard
Dream
Dream
Embrace
Empower
Enjoy
Experience
Explore
Faith
Feel
Find
Follow
Forgive
Giggle
Give
Good
Gratitude

Grow
Happy
Happiness
Hope
Hug
Imagine
Innovate
Inspire
Joy
Kind
Kindness
Laugh
Learn
Listen
Live
Look
Love
Magic
Magnificent
Make
Marvel
Miracles
Meditate
Motivate
Move
Nuture
Observe
Offer
Open
Patience
Permission
Persist
Perspective
Play
Play
Pray
Purpose
Rebel
Relax
Release
Rest

Rise
See
Seek
Serve
Share
Silly
Simplify
Sing
Skip
Smile
Sparkle
Speak
Start
Stay
Strength
Surrender
Touch
Trust
Try
Understand
Unique
Value
Wander
Weird
Wish
Wonder
Wonderful

Be a friend
Be a little weird
Be a rebel
Be a unicorn
Be adventurous
Be authentic
Be charming
Be courageous
Be daring
Be fearless
Be fierce
Be gentle with yourself
Be grateful
Be happy
Be in the moment
Be patient with yourself
Be silly
Be spontaneous
Be the change
Be unique
Be wonder-full
Become the best you
Choose kindness
Have a playful heart
Just be
No fear
Permission to be human
Play big
Seek wisdom
You do YOU!

JUST BE
CHOOSE KIND
MAKE
Sparkle
DARE
Let Go!
Hug!
DREAM
Feel!
RISE
Allow!

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Let's "Play" with Some Words!



Live Up to Your Word

What's your Word for the DAY? _____

How will you live up to it? _____

What's your Word for the WEEK? _____

How will you live up to it? _____

What's your Word for the MONTH? _____

How will you live up to it? _____

What's your Word for the YEAR? _____

How will you live up to it? _____

What can you do to make the next 5 months the best ever? Choose your word for the rest of 2024!



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Your Word of the Day

Month of Inspiration

New Year, New Word!

Family Words

Words at Work!

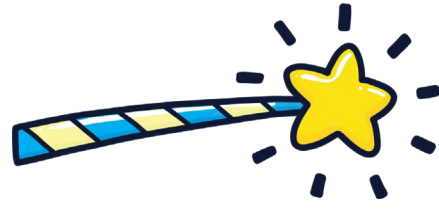
Step #6

WNOOP

Up Your Life!



***How to Stop Making the
Word GOAL
A 4-Letter Word!***



Ask yourself...

What is holding me back from fulfilling my wishes and dreams?

**What is it in me that stands in the way of
my imagined positive outcome?**

What's my inner obstacle?



The obstacles that we think most impede us from fulfilling our wishes can actually help us to realize them!

Here's your chance to embrace that little fault-finder in you!

*It's the power
of
NEGATIVE Thinking!*

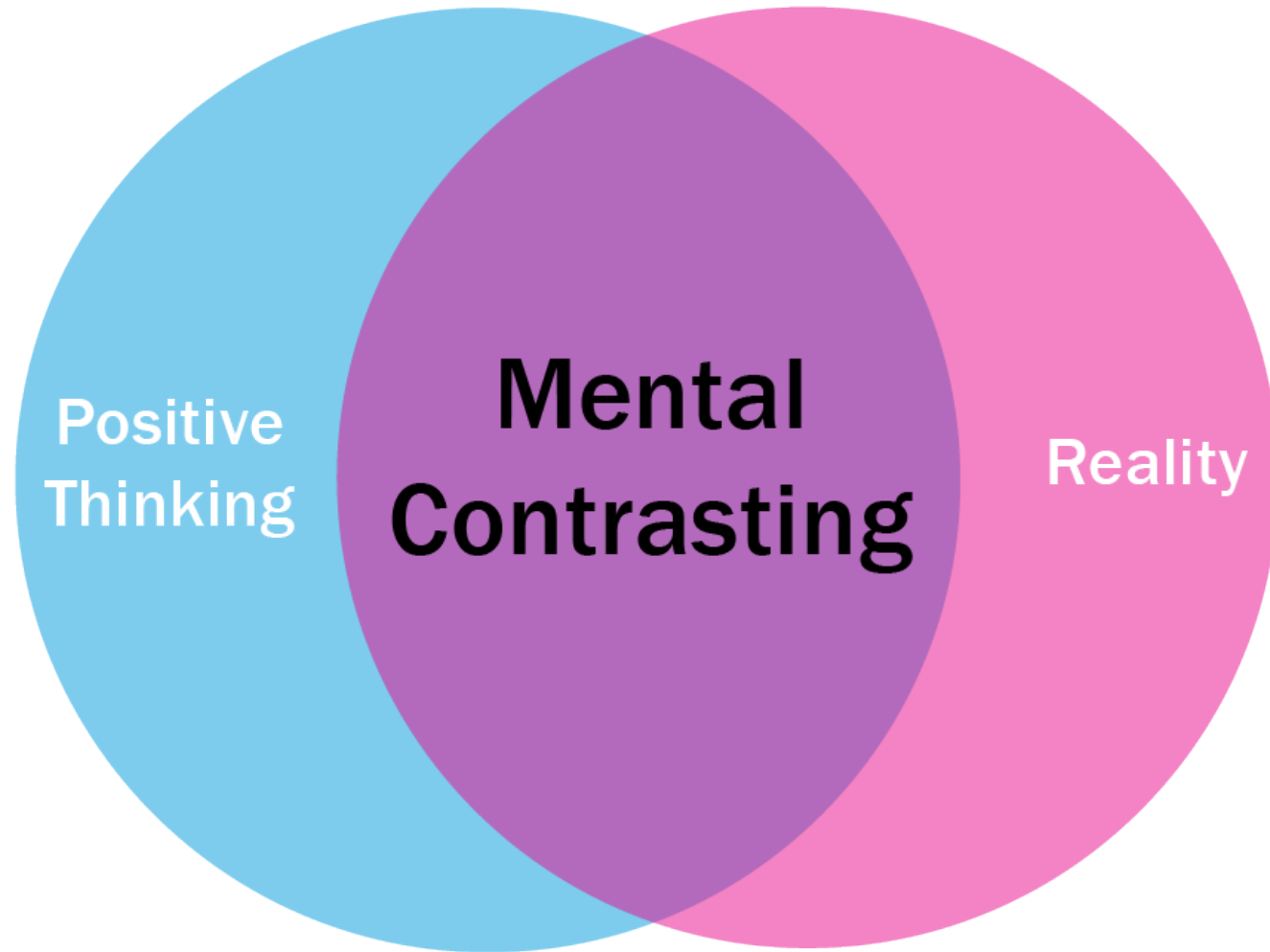


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You can't just think positively all the time!

*Just dreaming and visioning
something won't make it come true.*



Visioning and Action

Wish Outcome OBstacle Plan

These four words make up a 4-step, evidence-based mental strategy you can use to find and fulfill your wishes and change your habits.

Wish Outcome OBstacle Plan

Long-Term Wishes!

Short-Term Wishes!

Life-Changing Wishes!

Trivial Wishes!

Take your wishes
seriously!

WOOP
it up!

Research...

- *WOOP helped chronic pain patients become more physically active during rehabilitation and for three months after.*
- *WOOP helped study participants double the amount of regular physical exercise they performed over a four-month period.*
- *WOOP increased the attendance and course grades of disadvantaged school children.*
- *WOOP improved the homework of children at risk for ADHD.*
- *WOOP increased high school students' efforts to prepare for standardized tests by 60%.*

WOOOP it up!

Wish

*What is your wish, a wish that is challenging, but feasible?
(In 3-6 words if possible.)*

Outcome

*What would be the best outcome of fulfilling your wish?
(In 3-6 words if possible.)*

OBstacle

What is your main obstacle that holds you back from fulfilling your wish? (In 3-6 words if possible.)

Plan

*What can you do to overcome your obstacle?
(In 3-6 words if possible.)*

WOOOP it up!

Goal: go to gym after work

Wish Outcome OBstacle Plan

*Go to the gym
and work out
after work.*

*Feel good about myself.
Have a sense of
accomplishment.*

*Forget to take my
gym stuff to work.*

*If tomorrow is
workout day,
then I prepare
my stuff the
night before.*

WOOOP it up!

Goal: Become an early riser

Wish **O**utcome **O**Bstacle **P**lan

*Wake up early
on a regular
basis.*

*Get a lot done in the
morning. Feeling great
about myself.*

*Hitting the snooze
button.*

*When alarm
goes off, I
immediately get
out of bed - no
matter what!*

WOOOP it up!

Goal: Use my top strength

Wish

I want to become more grateful.

Outcome

I'll learn to appreciate what I have. I'll realize how blessed I am and I'll become happier!

OBstacle

Never have enough time. Don't remember to do it.

Plan

Put a gratitude journal right by my bed. Make a point to write ONE thing each day for a month!

Let's Try!

What is Something You Wish to Do?



WOOP It Up!

WISH: What is your wish, a wish that is challenging, but feasible?

Note your Wish in 3-6 words:

Outcome: What would be the best outcome of fulfilling your wish?

Note your best Outcome in 3-6 words:



Imagine...

Obstacle: What is your main obstacle that holds you back from fulfilling your wish?

Note your main inner Obstacle in 3-6 words:



Imagine...

Plan: What can you do to overcome your obstacle?

Note your action or thought in 3-6 words:



Fill in the blanks below:

If... _____, then I will... _____
(your obstacle) (your action or thought to overcome obstacle)

Imagine once more: If... (obstacle), then I will... (action).

Wish Outcome OBstacle Plan

WHAT IS YOUR WISH?

Pick a wish that feels challenging but that you can reasonably fulfill within the next four weeks. This could be a bigger career goal or even a small personal goal.

My Wish:

WHAT IS THE BEST OUTCOME?

If your wish is fulfilled, where would that leave you? What would be the best, most positive outcome? How would you feel if you could achieve your goal?

Best outcome:

WHAT IS YOUR MAIN INNER OBSTACLE?

What's holding you back from attaining your goal and feeling that best possible outcome? It might be an emotion, an irrational belief, or a bad habit.

Inner obstacle:

MAKE A PLAN!

What can you do to start overcoming those obstacles? Identify one action you can take or one thought you can think to overcome your obstacle.

Make the following plan for yourself: "If... (obstacle), then I will ... (action or thought)."

My Plan:

Can we get a

WOOOP!

WOOOP!



Step #7



**The True Key to a
Happier Life...**



**The Key to Happiness that's
Been Researched and
Scientifically Proven by All the
Leaders in the Field...**

And one of my favorites that's been
proven to make you happier, live
longer, and stay well mentally...



**The Happiness Tool that
Got Us Through COVID...**



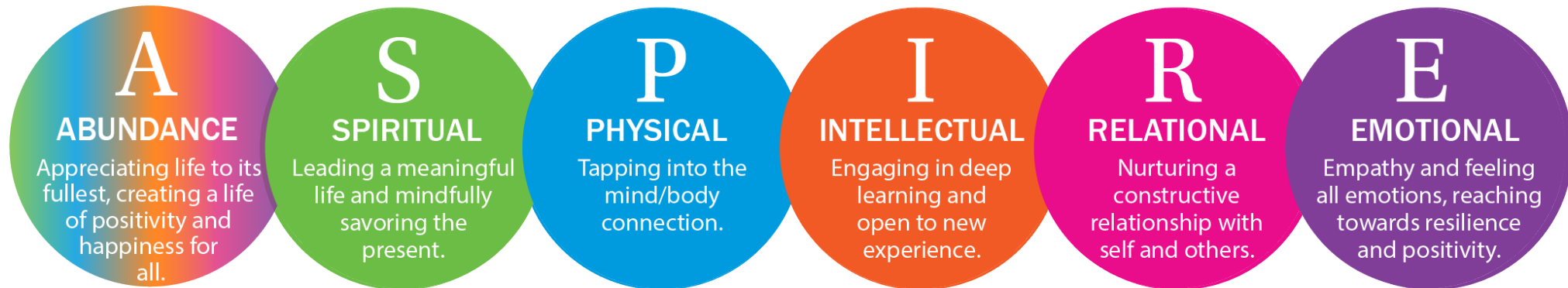
Superpower of Dancing



The **SPIRE** Model of Happiness!

Add Abundance to the Mix:

ASPIRE!



abunDANCE!

RELAX introverts! I won't make you do the Carlton! However...





**Dance like no one is watching...
or dance like **EVERYONE** is
watching!**

**Just
DANCE!**

Ways to bring happiness back into your life after today is over...

Use the Strengths Toolkit!

More than 60 Ways
to Use **Powers**
to Change Yourself
and the World!

Overuse & Underuse of
Powers

Align Your **Powers**
at Work



happinesselement.com/vba



5 Ways to Happiness!

According to Shawn Achor, a New York Times bestselling author on the research of happiness and one of the world's leading experts on the connection between happiness and success, there are five very short habits that if you do them every day, will improve your levels of happiness. It's best to do each of them each day, but just doing one for 21-days will significantly increase your happiness.



1. Practice Gratitude

Spend two minutes a day scanning the world for three new things you're grateful for. The reason why that's powerful is you're training your brain to scan the world in a new pattern, you're scanning for positives, instead of scanning for threats. It's the fastest way of teaching optimism. This only works if you're scanning for new things and you're very specific. If you say, "I'm grateful for my son," it doesn't work. But if you say, "I'm grateful for my son because he hugged me today, which means I'm loved regardless," that specificity gets the brain stuck in a new pattern of optimism

2. Journaling a Positive Experience

For two minutes a day, think of one positive experience that's occurred during the past 24-hours. Bullet point each detail you can remember. It works because the brain can't tell the difference between visualization and actual experience, so you've just doubled the most meaningful experience in your brain.

3. The Fun Fifteen

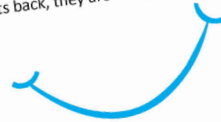
Do 15-minutes of cardiovascular exercise a day. It's the equivalent of taking an anti-depressant for the first six months, but with a 30 percent lower relapse rate over the next two years. This is not a repudiation of anti-depressants. It's an indication that exercise works, because your brain records a victory, and that cascades to the next activity. The best one to do? DANCING!

4. Mindfulness/Breathing for 2 Minutes

Take your hands off your keyboard for two minutes a day. Go from multitasking to simply watching your breath go in and out. This raises accuracy rates. Improves levels of happiness. Drops your stress levels. And it takes two minutes.

5. Conscious Acts of Kindness

The final habit is the most powerful one. For two minutes each day, start work or your day by writing a two-minute positive e-mail or text praising or thanking one person you know. And do it for a different person each day. People who do this not only get great e-mails and texts back, they are also perceived as positive leaders. The key: it has to be heartfelt. Don't fake it!



1. Practice Gratitude
2. Journal a Positive Experience
3. The Fun Fifteen
4. Mindfulness/Breathing for 2 Minutes
5. Conscious Act of Kindness

Remember....

Just Be!

Listen!

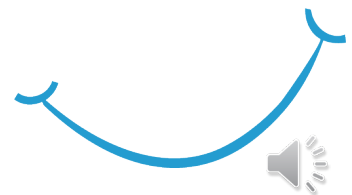
Be a Benefit Finder!

Focus on What's GREAT About You, Not What Isn't!

Be Grounded and Stand in Your Power!

Use the Happiness of Your Words!

WOOP IT UP when you can!



*Remember the main concept
of the science of happiness...*



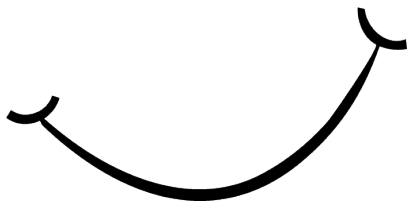
**Instead of just focusing on all the things
that could go wrong...**

**It's important to celebrate all the
things that can go right!**



YOU DO YOU!

**Being Yourself is the Key to Your
Happiness!**



How to Make Happiness Last After Today...



30-Day Practice

How do you take everything you've learned and use it effectively? Just choose one thing and go for a 30-day practice.

30-day practices are about trying something new, different, fun, or even crazy every day for 30 days. 30-day practices force you to do something every single day, even if that something is small. What matters is that a consistent action is taken, because small actions each day build behaviors and habits that stick.

Why 30 Days? To change anything we need to change our behavior—we can't simply think or imagine our way to a better life. We must develop new habits. Practicing for 30 days enables us to lay down new neuronal connections that support the change we most want to make. When we shape each day a little bit toward the good, we learn that we matter to ourselves, that our days are significant and we can change our lives by changing our days.

Think about the next month. What can you do for the next 30 days. Start small, like taking a walk every day. Or take a nature picture every day. Read a poem every day. Or visualize who you want to be for 5 minutes every day.

Connect it with one of your strengths. Connect it with a WOOP. Just do one thing. Don't overwhelm yourself. Then, in the next month, you can start another 30-day practice. Start small and you might have the courage to try something bigger the next time.

30-Day Practice

Write one thing that you will commit to for the next 30-days.



Go for a 10-minute walk each day.

Practice mindfulness for 5-minutes.

Do one random act of kindness each day.

Find something to laugh about each day.

Journal once a day for 30-days.

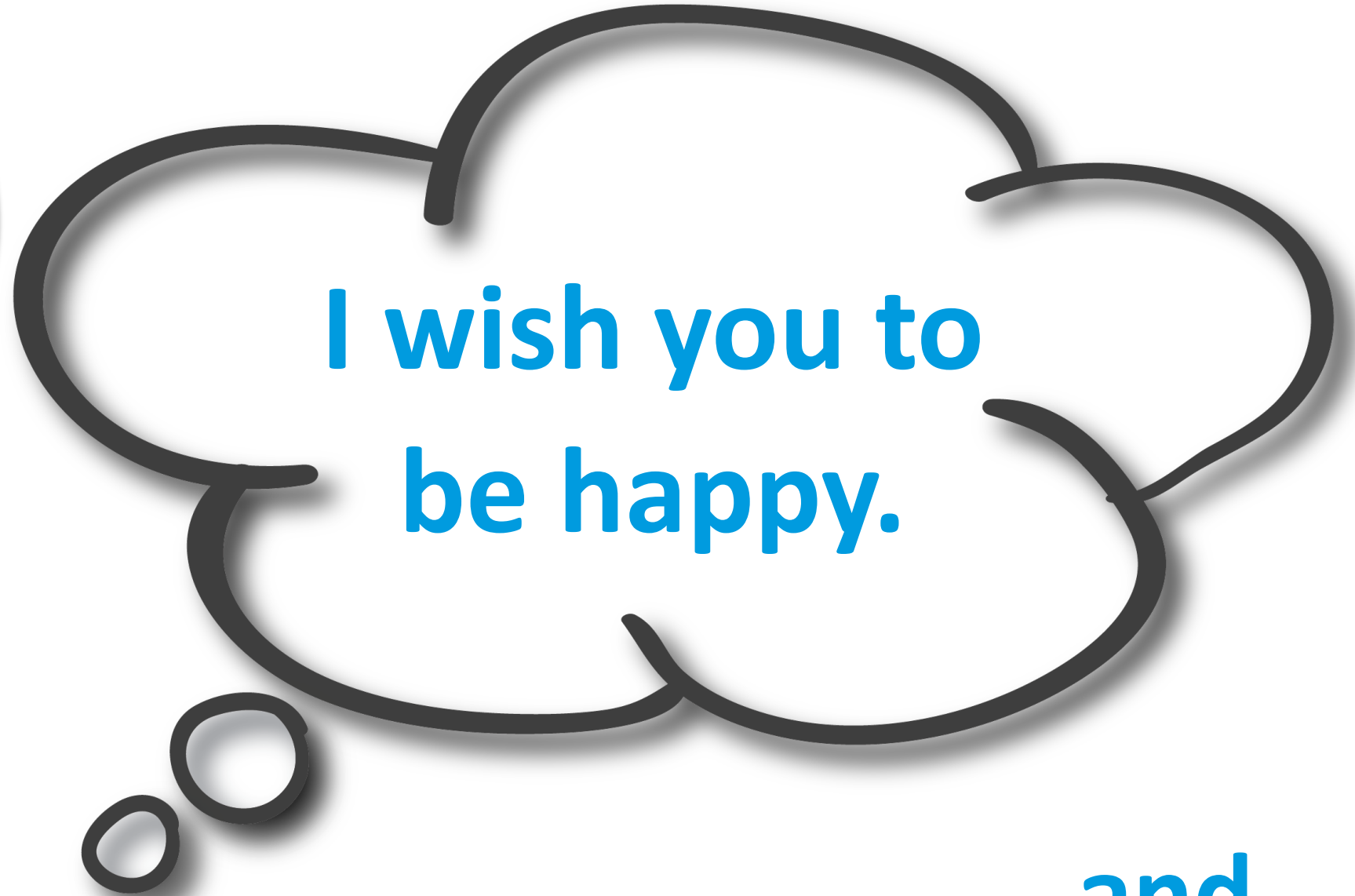
Show appreciation for a coworker.





Lastly

4 Homework Assignments
(home“play”)



and...

#2

Have a playful heart!
Grab some googly eyes!



and...



and...



Connect with Me!

Website: Happinesselement.com

Toolkit: happinesselement.com/vba

Email: info@happinesselement.com

- Follow me on Instagram, FB, LinkedIn
- Sign Up for Newsletter!
- Women! Check out my upcoming happiness camps/retreats!
 - 2 Weekend Retreats: one in Massachusetts in September and One in Texas in November!

and...

#4

Remember what the
Cheshire Cat says...



**Every adventure
requires a first step...**



#4

**Make it a
DANCE STEP!**



**Dance Like
EVERYONE'S
Watching!**

**THANK
YOU**

**(Now... go buy and sniff a
crayon!)**