

Happy People Win

Happy Together

Working & Playing As A Team



Jean
Steel

- Wellness Is...
 - An Expanded View Of Health
 - Physical
 - Emotional
 - Spiritual
 - Intellectual
 - Environmental
 - Social
 - About
 - Balance
 - Recognizing Life Is Short
 - Self-Responsibility
 - Making Choices
- Choose Your Attitude
 - Attitude Defined
 - The Way You Mentally Look At The World Around You
 - How You View Your Environment And Your Future
 - The Focus You Develop Toward Life Itself
 - Our Attitudes
 - Affect Everything We Do
 - Reflect Who We Are
 - Don't Have To Fit With Our Life Circumstances

Tips For Improving Your Attitude

- Develop An “Attitude Of Gratitude”
- Say Thanks
- Gratitude Monday
- Become An Optimist
 - Find A Role Model
 - Practice Positive Self-Talk And Affirmations
 - Accentuate the Positive



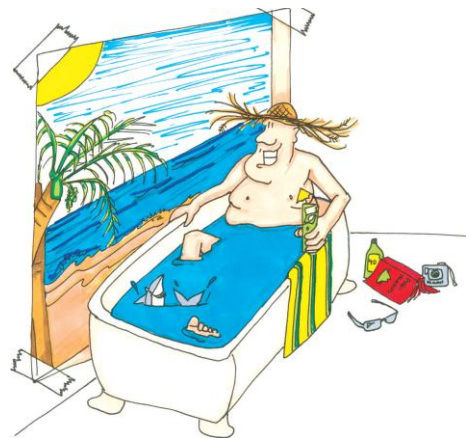
ATTITUDES AT WORK

- Workplace Satisfaction Is A Two Way Street
- A Positive, Assertive Attitude = Successful, Satisfying Life/Career
- Choose A Job You Love And You Will Never Have To Work A Day In Your Life
- Who Is In Your Work Nest?
- Do Not Give Power To Toxic, Negative People
- The Power Of Community
 - Group - A Set Of Three Or More Individuals That Can Identify Itself And Be Identified By Others In The Organization As An Entity.
 - Team Characteristics
 - A Meaningful And Common Purpose
 - Adaptable Skills
 - Mutual Accountability
 - The Foundation
 - Trust
 - Being Able To Rely Upon Another Person
 - Cooperating As A Group
 - Taking (Thoughtful) Risks
 - Experiencing Believable Communication
 - Go With The Flow / Change
 - Involves New Attitudes And New Practices
 - Change=Opportunity
 - Building Resiliency To Change & Stress
 - Having A Strong Commitment
 - Having A Sense Of Control
 - Seeing Change As A Challenge
 - Participating In Creative Activities
 - Having A Strong Support Network

- You Can Change Your Perception And Your Reactions To The Change Itself

Tips To Enhance Community

1. Offer Assistance
2. Ask For Help
3. Talk In Terms Of Outcomes
 - Ask Yourself: Will Complaining About It Change Anything?
4. Speak Up In Meetings
 - Staff Meetings Are For Debate And Consensus On Critical Issues
 - Attack The Problem Or Issue, Not The Person
 - Stay On Topic, But Know When to Say When
 - Be Open, Honest, And Forthcoming
 - Don't Hold Back, BS, Or Sugarcoat Issues
5. Take Problems To The Right Source
 - Affect the Group as a Whole? *Put on Agenda for Team Meeting*
 - Affect an Individual? *Go Directly to That Person and Address the Issue*
6. Discuss, Agree And Commit To Team Expectations
7. Accept, Value, Appreciate And Celebrate Differences
 - Acknowledge That Other People, Other Races, Other Voices, Other Beliefs And Other Cultures Have As Much Integrity And As Much Claim On The World As You Do
8. Create Kindness Rituals
 - Traveling Bouquet
 - Queen Or King For A Day
 - Simple Pleasures File
9. Maintain A Sense Of Humor
10. Practice Self-Care
 - Leave Work At Work
 - Unplug
 - Vacation





*A Journey Of
A Thousand
Miles Begins
With But A
Single Step*



Jean Steel
Happy People Win
PO BOX 549
Nipomo, CA 93444
805.931.0932
jean@happypeoplewin.com
www.happypeoplewin.com



Find us on
Facebook

Happy People Win Jean Steel



SiMple PleASurEs

Name _____

Department _____

Favorite Type of Food _____

Favorite Snack _____

Favorite Candy _____

Favorite Type of Cookie _____

Chocolate Yes / No

Favorite Flower _____

Favorite Snack _____

Favorite Drink (nonalcoholic!) _____

Favorite Scent _____

Favorite Hobby _____

Favorite Animal _____

Favorite Movies or types _____

Favorite Color _____

Favorite Music Artist/Type _____

Do you collect anything? _____

Favorite Author/Genre of Book _____

Favorite Stores to shop at _____

Favorite Sports Team/Athlete _____

Favorite Time of the Year _____

Favorite Magazines _____

What makes you happy? _____

