Happiness Advantage Highlights HR Essentials

Shawn Achor's work with a positive mindset
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How are you doing?

Penny for your thoughts!

Meet Shawn Achor

Shawn Achor - The Happiness Advantage

What is going well?

- Personally
- Professionally
- Staff or students

What can we do?

- We can be intentional with our daily actions and words.
- We get what we model.
- We can change student behavior by changing our behavior.
- We can stay open to positive signals and stop paying attention to the noise that distorts reality.

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

- Maya Angelou

Tips for Decreasing External Noise Consumption

- Mute TV and online advertising.
- Turn off the radio.
- Delete news links from your bookmarks.
- Limit your intake of predictions from financial and political commentators.
- Avoid feeding yourself articles about tragedies you cannot change.

Most people are about as happy as they make up their minds to be.

- Abraham Lincoln

Happiness Festival 2020

Shawn Achor July 2020

Shawn spoke during the Happiness Festival of 2020 sharing updated research on happiness and the concept of Big Potential.

Individual vs. Team

Take aways from the orange frog and Shawn Achor July 2020

- Individual efforts
- Team efforts

Alone we can do so little; together we can do so much.

Helen Keller

I believe the choice to be excellent begins with aligning your thoughts and words with the intention to require more from yourself.

- Oprah Winfrey

Let's Get Started!

Two easy ways to begin:

1. Implement the 5/10 rule, say hello to anyone you walk within 5 feet of, and smile at anyone you walk within 10 feet of. (It's contagious)

1. Start your day with the positive thought challenge:
   Send one email per day to someone to thank them, give them positive feedback, and/or let them know how much you appreciate them.

What's right for you?

21 Days to Build a Habit

Action Items for The Happiness Advantage

Choose 1 new habit to create to help set your mind at positive. Celebrate on Day 21, as a new positive habit is now formed.

1. Journal about a positive experience that occurred during the day (once per day)
2. Record 3 gratitudes (three new things each day)
3. Exercise or meditation (15 min. a day)
4. Random Acts of Kindness (one per day)

Positive Outcomes - Telling Our Stories

We need to train our brains to see the positive things that are all around us. In our schools, we need to tell the story. If we don't someone else will.

Positivity

REMEMBER:

- **Share the good news!**
- **Happiness is a choice**
- **Happiness is contagious**
- **Happiness is an advantage**
- **We are better together!**

Thank you for joining us today!