



According to neuroscience and thousands of studies, waiting for things to make us happy limits our brain's potential.

Cultivating positive emotions makes us more:

- Motivated
- Efficient
- Resilient
- Creative
- Productive

The Power Of Positive Emotions

**Individuals with higher social + emotional intelligence:**

- More productive
- Healthier, having less sick days
- Develop more positive relationships
- Better able to adapt to change
- More engaged

**The Impact Of Emotional Intelligence**

Staying above the line

Ownership  
Accountable  
Responsible

Choice

Victor

Victim

Blame  
Excuses  
Denial

**Well Being By Default OR By Design?**

Happiness

50% Genetic

10% Circumstances  
(Age, income,  
where you live...)

40% Intentional  
Activity  
(Actions you  
choose to do)



**Big Idea #1**

**You Get What You Focus On**

**Big Idea #2**

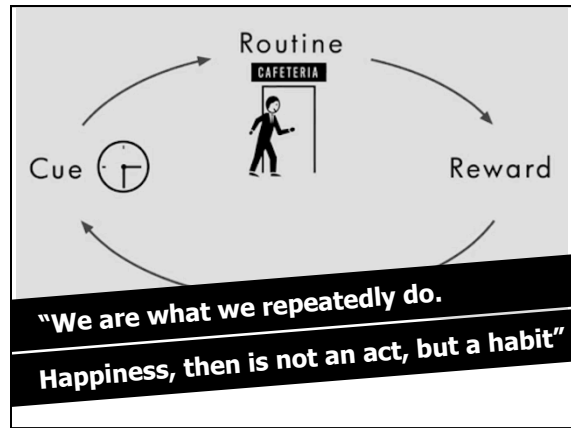
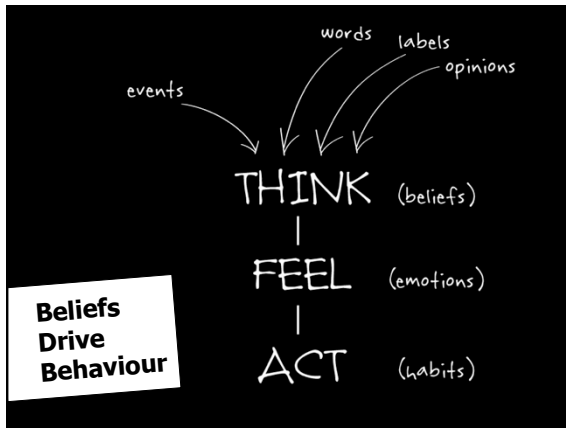
**Nothing Has Meaning Except The Meaning We Give It**



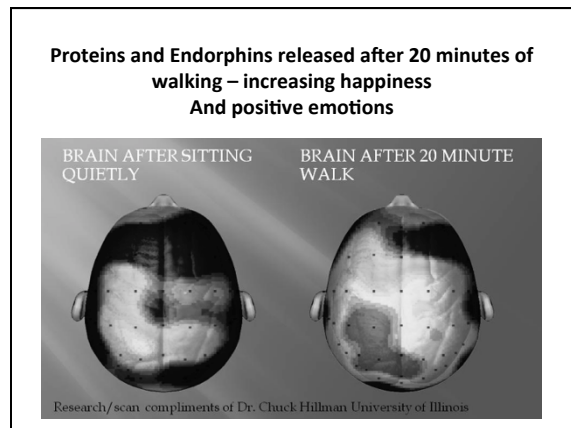
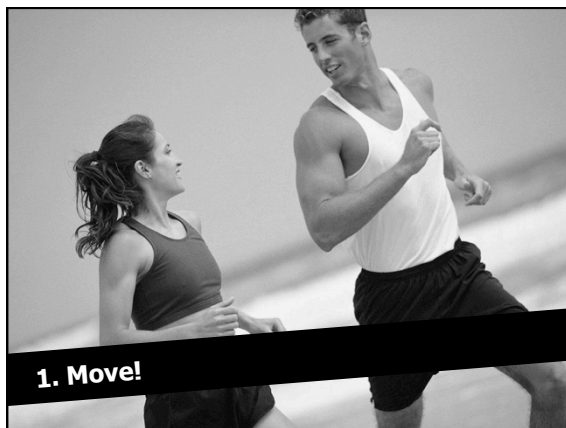
**Big Idea #3**

**Beliefs Drive Our Behaviour**






**DO MORE OF WHAT MAKES YOU *happy*.**



## Physiology Dictates Psychology


What you do with your body leads your mind



- Posture
- Head + Eyes
- Anchoring
- Positive + Negative

## Smile Studies

1. Genuine Smiles
2. Fake Smiles
3. Shape of the mouth




- Makes us more attractive
- Changes mood
- Is contagious
- Boosts immune system
- Reduction of stress levels
- Increase positive emotions
- Increase attention span




**Gratitude**

## Gratitude

“When practiced regularly, gratitude can keep you healthier and happier!”




- Increased determination
- Greater enthusiasm
- More energy
- Increased optimism
- Improved exercise patterns
- Better sleep
- Less anxiety + depression



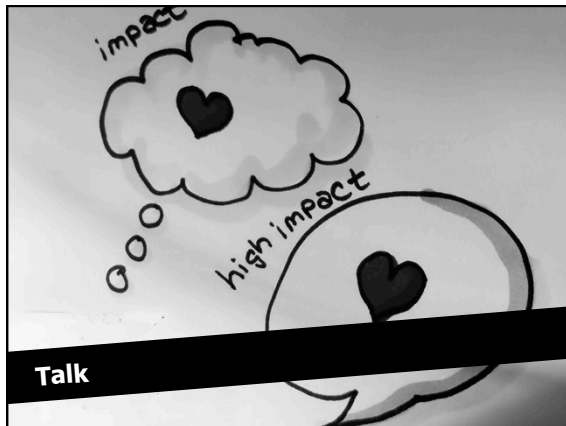
**Think**

## Think About What You're Thinking About

Learn to engage interactively with every single thought that you have and analyse it before you decide whether to accept or reject it.



- “could-have”
- “would-have”
- “should-have”
- “if only I”
- Do you make up conversations or situations that haven't even occurred yet?



### Our Words Shape Our Worlds

**“a single word has the power to influence the expression of genes that regulate physical and emotional stress.”**


– *Words Can Change Your Brain*

<p><b>Negative Words</b> - can disrupt specific genes that play a key part in the production of neurochemicals that protect us from stress. a single negative word can increase the activity in our amygdala (the fear center of the brain).</p>	<p><b>Positive Words</b> - can alter the expression of genes, strengthening areas in our frontal lobes and promoting the brain’s cognitive functioning. They propel the motivational centers of the brain into action, according to the authors, and build resiliency.</p>
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### Safety and Certainty Creates Calm

In a world full of change and uncertainty one of the core human needs, is the need for certainty.




- Routine
- Action + Reaction
- Boundaries
- Culture
- Workplace



### Uncertainty and Adventure Helps You Expand Your Horizons And Self Belief

Risk taking is a part of brain development and expansion of your comfort zone – so scheduled uncertainty and deliberate adventure is a must.



- Comfort Zone Stretching
- Expanding Horizons
- Experiencing Different Cultures
- Facing Fears



### Family and Friends Are What Really Matter Most

A study published in the Journal of Socio-Economics states that your positive relationships are worth more than \$100,000



- Developing Social Skills
- Building Trusted Bonds
- Doing Life Together
- Sharing Experiences
- IRL (IN REAL LIFE!)



### Growth Is Not Automatic

Growth is a process of increased self awareness and self development – moving from where we are now another step closer to becoming the best version of ourselves



- Self Awareness
- Self Management
- Personal Development
- Skills and Strengths
- Spiritual Growth



### Find Your Strengths and Use Them

“...people who felt they were using their strengths have more positive emotion, greater vitality and self-esteem, compared with people who did not feel they used theirs.” - UK Study



- Behavioural Profile
- Strengths Finder
- Visualising your best self and goals being achieved



**The Power Of Contribution**

“...we scientists have found that doing kindness produces the single most reliable momentary increase in well-being of any exercise we have tested.”  
- Martin Seligman, Father of Positive Psychology

**GIVING**  
*Changes Everything*

- Social Contribution
- MAD Projects
- Helping Others
- Random Acts of Kindness

