

Best. Year. Ever.

Making The Best of 2014

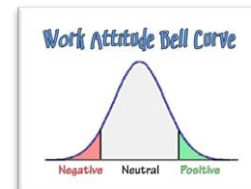


WHAT IS WELLNESS?

- Expanded view of health
- Components; Physical, Emotional, Spiritual, Intellectual, Environmental, Social
- Wellness is about: balance, recognizing life is short, self-responsibility, making choices
- What is your ikigai?

CHOOSE YOUR ATTITUDE

- Our attitudes:
 - Affects everything we do
 - Reflects who we are
 - Doesn't have to fit with our life circumstances
- Develop an attitude of gratitude
- Become an optimist – adopt a new set of cognitive skills
 - Find a role model
 - Practice positive self-talk & affirmations
 - silence your inner critic
 - Accentuate the positive
- Choose your attitude at work
 - You have power
 - “Loathing Monday is a sad way to spend 1/7 of your life”
 - Create kindness rituals
 - “Be the change you wish to see in the world”

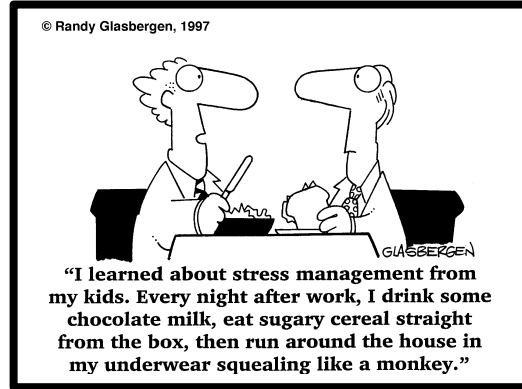


TAKING CARE OF YOU

- Enjoy the journey
- Identify sources of stress
- Get enough sleep
- Breathe
- Enjoy nature
- Quiet time
- Manage you time
 - Create more white space
- Accept and give compliments
- Give an animal some love
- Speak up
- Exercise
- Spend time with those that support you
 - Who is your dream team?



- Be creative
- Give back: Volunteer
- Have fun
- Reduce your stress
- Play
- Laugh
- Enjoy “simple pleasures”
- Appreciate the world around you
- Ask:
 - Can it or will it affect my future happiness?
- Recognize perfect moments
- Run wild!



Your Personal Prescription?

If you had to choose five ingredients you need each day – do be balanced and whole, what would they be?



1. _____
2. _____
3. _____
4. _____
5. _____

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