**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 your 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:
  o 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. 

Jean Steel
HAPPY PEOPLE WIN
(805) 931-0932
jean@happypeoplewin.com
www.happypeoplewin.com