



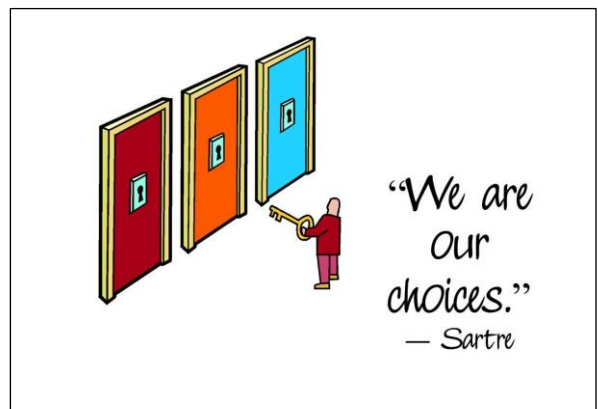
Wellness is an Expanded View of Health

Dimensions of Wellness: Physical, Emotional, Spiritual, Intellectual, Environmental, Social

Elements of Wellness:

- Balance
- Recognizing Life Is Short
- Self-Responsibility
 - Own and think how you feel 100%
- Making Choices

HAPPINESS

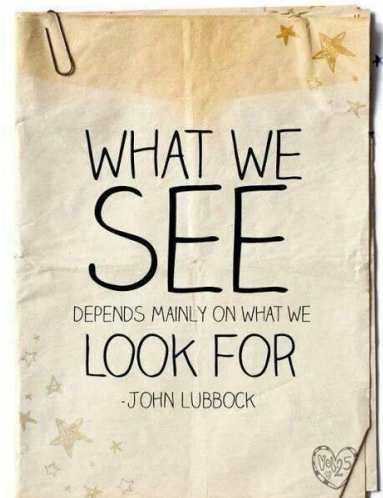


Happiness Defined

- Experience of positive emotions.
- Pleasant mood now, positive outlook for the future.
- No single meaning
- "Subjective" well-being

Happiness Facts

- Happiness is the PRECURSOR to success, not a result
- 45% of workers are happy at their jobs.
- Brain change is possible depending on how you live your life
- LOOK for positives
- We can prime our brains to focus on positivity or negativity.
- A quick burst of positive emotions provides a quick antidote to stress and anxiety.
- All can serve to boost our happiness levels over time



Proven ways to lift spirits and put you in a more positive mindset

You Tube, garden, read, find something to look forward to, phone buddy, hug, flowers, aromatherapy, quiet time, motivating quotes, have adventures, enjoy nature, infuse positivity into your surroundings,

Becoming Positive & Running Wild

1. Develop an attitude of gratitude
2. Stop complaining
3. Be careful of media
4. Stop bad mouthing people
5. Smile and laugh more
6. Commit conscious acts of kindness
7. Spend time with positive people
8. Don't compare yourself with others
9. Find your passion, Ikigai
Find your cause
10. Take action without expecting results
11. Appreciate simple pleasures
12. Find your person prescription



What Is Your Personal Prescription?

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



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

13. Choose your attitude

- **DEFINED:** Attitude is the way you mentally look at the world around you. It is how you view your environment and your future. It is the focus you develop toward life itself.
- **Tip:** Decide before you get out of bed that "Today Will be a GREAT Day."
- **OUR ATTITUDES:** affect everything we do, reflect who we are, and don't have to fit with our life circumstances

Final Tips

- Maintain perspective
- Run Wild!

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