



Happiness@TheSpeedofLife

Happiness@TheSpeedofLife Newsletter December 2003: Build Reserves

1,225 words of content -- approximate reading time required: 4.9 minutes. And isn't your happiness worth it?

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Welcome to my e-newsletter, which focuses on defining and applying the 13 Principles of Happiness in your life and work. It is a (more or less) monthly communication. I invite your comments, reactions, and ideas. Jim

Happy Holidays to my fine readers, and special welcome to all who've joined us recently. We are now mailing to over 650 happy people!

==>If you like what you read here why not share it with a friend?
==>If you received this from someone else you can join (it's FREE) in a few seconds. Instructions are at the end of this newsletter. I never rent, sell, or give away my lists.

IN THIS ISSUE

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- I. Happiness Principle #5: Build Reserves
- II. Personal Reflections: Creating the Space for "Happy"
- III. In the Workplace
- IV. Random Fun Stuff
- V. Instructions and contact info

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I. HAPPINESS PRINCIPLE #5: BUILD RESERVES

"Keep a green tree in your heart and perhaps a singing bird will come." ~Chinese Proverb

What do you worry about?

Many people live their life just a step away from feeling overwhelmed or going over the edge. Are you living from paycheck to paycheck? Do you feel exhausted all the time because you barely fit in six hours of sleep each night? Does your significant relationship get only what you have "left over" after you put in a full day at work? Are you a business owner who doesn't do marketing because "there's not enough time?"

This shows up as worrying... about money, relationships, health, the future, whatever. Worrying is practically a national pastime. It drains energy and often creates barriers to feeling happy.

I don't believe there is a cure for worrying, but there is something you can do to reduce the impact (and perhaps even the frequency) of worry in your life: Build Reserves.

What is a reserve? It is defined as: *something set aside for the future or for a special purpose, or something retained for oneself.* Reserves can be physical, mental, or emotional. You create a reserve anytime you invest ahead in yourself, which creates future capacity.

How does one create reserves?

~~ Pay yourself first. No matter how much or little you earn, you *can* afford to set aside something every pay for your future. Participation in a company retirement plan is a must – why pass up the company match? Have just five or ten dollars from your paycheck deposited into a Christmas Club account, and you'll have \$250 to \$500 show up just when you need it at year-



suddenly there was no more physical contact. As you can imagine, there were many sleepless nights. “Why haven’t I heard from them? What might have happened?” You get the picture.

How did we create a reserve? We got our own toll-free number! No excuses for not calling home. And now, with three off at school, we have regular touch-points established, and the kids provide her with their schedule for the upcoming week. As long as Mom knows what’s happening and the check-ins occur as scheduled, she has the capacity to NOT worry in-between. And we all know the first rule of families, right? If Mom’s happy, everybody’s happy!

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III. IN THE WORKPLACE

Without people, you can accomplish little. But when you figure out how to truly connect to your team, well... the sky’s the limit. Relationships are key to that connection, so it is important for leaders to build solid rapport with their team.

Starting a new workplace relationship is like opening a bank account. When a new employee starts, they are actively recruited, warmly welcomed, and paid attention to, which results in an initial balance of 1,000 “points” in their account with you.

Every time you do something positive – recognize effort, give useful feedback, provide encouragement, offer a sincere compliment, give credit where due – you make a deposit into that account. When you make a mistake – assign blame, criticize unfairly, take credit yourself, fail to obtain resources -- or have to deliver bad news, you make a withdrawal. If the balance dips too low, your account gets “closed” with that person. You may not know when it happens, but from that point forward they are disconnected, from you and the organization. Ouch!

TRY THIS: Use the end of the year (or the start of the new year) to make a big deposit in the accounts of your team members. I call this “annual re-recruitment,” and here’s how it works:

Visit every person on your team. Shake their hand warmly, look them square in the eye, and say, “I am so glad you are here. You are an important part of my team, and I appreciate you and your efforts. I look forward to working with you for another great year!”

Are you perfect? No. Might you make mistakes this year? Probably. Will people forgive you your mistakes? If you’ve got enough on deposit with them, they will most certainly work through the rough times with you.

Remember, leadership is not about a title. Anyone can be a leader if they focus on helping others to succeed and grow!

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IV. RANDOM FUN STUFF

GO HERE, SAY HELLO: www.hellomynameisscott.com. So, this guy – Scott – wears a nametag. Every day. It started as an experiment on November 2, 2000, and his experience was so rich that that he now wears that nametag all the time. Reminds me of the ten years I spent wearing a different button every day back in the late 80’s and early 90’s. It gets people talking with you. Check out his website to learn what a good “Front Porch” means, and whether you have one!

CLICK TO FIGHT HUNGER THIS HOLIDAY SEASON: Campbell's Soup is donating a can of soup to the needy for every person that goes to their site and votes for their favorite NFL team before the end of the year. Go to the site: http://www.chunky.com/chunky_home.asp and then



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click on "Tackling Hunger" to select your NFL team and donate a can of soup, very easy to do. It will only take a few seconds of your time to fill some empty tummies with warm soup this winter.

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V. INSTRUCTIONS AND CONTACT INFORMATION

Jim Smith is a Leadership and Happiness Coach, Trainer, and Speaker. Jim is a recovering corporate executive who has over a decade of experience helping leaders at all levels to be happier and more successful in their lives and careers. He'd love to help you succeed in a bigger game! Why not bring Jim into your organization for a mid-day "Happy Hour" (it's alcohol free!) on the 13 Principles during 2004?

=> P.S. Don't keep us a secret. We grow by referral, so please pass it on! To join our complimentary newsletter, please visit my website: <http://www.1leadercoach.com/>.

Drop me a line anytime with your feedback and questions! Jim <mailto:Jim@1LeaderCoach.com>

**Happiness is a decision, not an event.
How will YOU decide today?**

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