



Happiness@TheSpeedofLife Newsletter
Edition 20: Happiness Is Not a Spectator Sport

1132 words of content -- approximate reading time required: 4.5 minutes. And isn't your happiness worth it?

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Welcome to my e-newsletter, which focuses on defining and applying the Principles of Happiness and Positive Emotion in your life and work.

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I. HAPPINESS IS NOT A SPECTATOR SPORT

Haiku: **Reflection**

Mood and emotion:

We get back what we send out.

We are all mirrors

There was a sign at the bottom of the bathroom mirror in the beachfront cottage where we spent our vacation. Applied with an old plastic label-maker, the corners turning up after decades of washing, it read:

GOOD MORNING!
I WILL BE WITH YOU ALL DAY.
SO PLEASE SMILE!

“How cool is this?” I thought. “Here I am, the happiness guy, and I get assigned to the happy bathroom!”

That sign reminded me that smiling serves ME as much, if not more than, it serves anyone else. My decision to smile, to be happy, to live in a happy body, to carry a happy mood, etc, predisposes me to respond to situations in a very different way than if I decide to carry a frown or make no conscious effort to carry myself in any particular way at all.

We are emotional animals, and whether we realize or not, we are putting out and receiving hundreds/thousands of non-verbal emotional cues all day and we are constantly adjusting to others. So if you want to change your mood, hang around with people who already know how to live there.

Want to increase your happiness? Emotional resiliency? Calm centeredness? Ability to listen? Hang around with people who are happier, more resilient, more centered, or better listeners than you.



through the workspace like a nervous tourist visiting New York City: “Keep your head down! Don’t make eye contact or they might ask you for something!”

The reality is that if you wear a smile – even in New York City -- you’ll find a lot more smiling faces looking back at you. And the leader who makes eye contact and carries a genuine smile as they move through the workspace is perceived as more trustworthy and approachable.

Plus, smiling is contagious, and the more it is spread around the office internally the more often it shows up with customers, in meetings, and in those all important one-on-one conversations that seem to happen more often in a trusting environment.

Remember: Leadership is not about a title – anyone can be a leader when they focus on helping others succeed by providing a positive influence!

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III. RANDOM FUN: SPREADABLE CHOCOLATE

I am a confessed chocoholic. Please keep that in mind as you read the following:

My eldest and her fiancé drove down from Philadelphia to the North Carolina coast to join us on vacation. Tucked into their food bag was an odd little plastic container filled with a brown gel. “Here, Dad. You should try this,” she urged.

[BACKSTORY] Four years ago, when she spent her junior year abroad in Europe, Kelly discovered this European grocery staple and source of protein. It is made with ground hazelnuts, skim milk, and cocoa. They carried it with them everywhere on their travels. It is relatively inexpensive, easy to transport, requires no refrigeration, and can serve as a meal supplement, a meal-on-the-run (spread on bread or crackers), as a dessert.

So, I tried it. It has a consistency and “mouth feel” -- i.e. substance and stickiness – just like peanut butter...yet it is chocolate! Soft, satiny, spreadable, dark chocolate.

Oh, my goodness. This certainly put a smile on my face!

I rationed the half-jar they left with me, one tablespoon a day for the vacation. I had it mixed with strawberries or fresh peaches, spread on warm rye toast, melted into a cup of hot coffee, spread on top of a chocolate chip cookie or even, when I felt especially wicked, plain.

Have you ever dug a spoon into the peanut butter jar and then stuck it in your mouth? Imagine that peanut butter feel – how it sticks to the roof of your mouth and coats your tongue and you have to lick the spoon repeatedly to get off every last little bit because you don’t want to waste any of it. And now, imagine that it is dark chocolate. Ooooh! ☺

My new addiction is called Nutella. It’s in the peanut butter and jelly section in the grocery store. Enjoy!

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IV. INSTRUCTIONS AND CONTACT INFORMATION

Jim Smith is The Executive Happiness Coach™. He is a recovering corporate executive whose



Happiness@TheSpeedofLife

passion is to help people discover and increase the amount of Happiness in their lives and work.

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

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

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