



Happiness@TheSpeedofLife Newsletter Edition 76: Do It Backwards For a Change

1,507 words of content including **14 different ways to Shake Up your world.** Approximate reading time required: **6.03** 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.

If you received this from a friend, [SUBSCRIBE](#) now to get your own copy in the future.

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I. DO IT BACKWARDS FOR A CHANGE

Have you ever found yourself stuck in a rut, seemingly unable to change a habit or a feeling? Have you heard the quote, *“the definition of insanity is doing the same thing over and over and expecting different results”* and thought, “What does that mean for me?”

One way to creatively approach any stubborn situation is to Reverse It – do it backwards, upside down, or from an opposite point of view. The Reverse It technique pulls you out of the fog of Habit and helps you notice or shift things that were not possible when you were following your usual process.

I use the Reverse It technique in many areas of my life. For instance, when I find myself getting bored with my fitness routines, I can change up simply by starting at the end. When I walk, I nearly always turn left out of my driveway, but when I turn right instead I have a totally different walking experience.

What are some ways you might Reverse It to shake up a part of your life that you want to change?

1. Instead of trying to take a deep breath to calm down in the middle of a tough conversation, **try taking a minute BEFORE the conversation to calm and center you.**
2. If getting to the gym is not working for you on your current schedule, **flip your visit to the other end of your day** and see if shifts your motivation and/or energy.
3. **Start a few conversations by stating what YOU want** instead of first dancing around and trying to figure out what the other person wants.



4. **Park at the back of the lot instead of the front**, and use the extra minute of walking to let your body warm up.
5. **Come in to a building via a different entrance and notice how things look from a different perspective.** For example, enter your workplace via the customer/patient entrance vs. the employee entrance. Or use the front door vs. the side door of your church/temple and notice the new view.
6. If you're rushed in the morning, but then spend an hour glazed over in front of the TV at night, **try reversing that hour of your day** – move up your bedtime and “flip” an extra 30 minutes into your morning.
7. Instead of waiting for someone to recognize or appreciate you, **reverse the conversation and take time every day to offer a compliment or gratitude to someone else.**

When you change the way you approach a situation, you create new points of view that can lead to different outcomes and different emotions.

An Action Step: Stop the Insanity!

Pick an aspect of your life or work that is “not working” for you right now. Step back and ask, “*In what way(s) might I Reverse this to create a different motivation, reaction, or perspective for myself?*” Then put that opposite into practice a few times and notice what you learn from the experience. If your outcomes change, then you have a winner!

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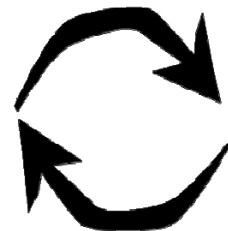
The 13 Principles of Happiness may challenge you to reverse your approach to life. Visit <http://www.theexecutivehappinesscoach.com/happiness/philosophies.cfm>, to download a colorful 1-page PDF Poster. Post it on your workplace wall or your fridge at home, and try to live principle each day!

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**II. IN THE WORKPLACE: CHALLENGE “THE WAY WE’VE ALWAYS DONE IT”**

**One of the major obstacles to change and growth in an organization is something we call “Organizational Inertia.”** In physics, inertia is: *the tendency of matter to remain at rest if at rest, or, if moving, to keep moving in the same direction, unless affected by some outside force.* In common language this means that people – especially in bureaucratic systems – will repeat old behavior and defend the status quo even when they are not getting the results they want.

**One way to create change, then, is to exert an “outside force” on the existing system.** In other words, change the workspace and you’ll change the way people behave in that space.



**Seven Ways You Can Turn Your Organization Upside Down and Backwards** to create new perspective:







## Happiness@ TheSpeedofLife

Hi, I'm Jim Smith, PCC, The Executive Happiness Coach®. I work with smart, successful people like you, who secretly struggle with overwhelm and fear that you won't have what it takes to succeed at the next level. I help you expand awareness of your strengths and limits, explore new paths to effectiveness, then support you **as you build powerful new behaviors that transform how you "show up" in your life and work.** You will achieve more clarity, build broader leadership skills, and expand your capacity to LEAD your life on a MUCH bigger stage!

I have helped thousands of leaders and business owners just like you to increase effectiveness at work AND live a happier, more balanced life. I invite you to contact me for a free Leadership Strategy Session to learn how you can create a **less-stress leadership presence.**

Reach me directly: <mailto:Jim@TheExecutiveHappinessCoach.com> or +1-440-885-3247

### All things Happiness Coach:

Blog: [www.LifeWithHappiness.com](http://www.LifeWithHappiness.com). Ask me a question on [LinkedIn](#), [Friend me on Facebook](#), or [Follow me on Twitter](#).

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**Happiness is a decision, not an event.**

**How will YOU decide today?**

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