





## Happiness@ TheSpeedofLife

practice at/near the top of the list. Every day, write down three blessings from the past 24 hours. Pencil and paper or online journal work equally well – **the key is that you write it**, not just think it (it makes a difference).

2. **Remember the Bad Times.** In his 2007 book, “Thanks,” researcher Robert Emmons noted the value of reflecting on past difficulties -- not to dwell on them, but to appreciate that you survived and are stronger today as a result of the experiences.

[This one resonates for me personally. Viewed in the rearview mirror, some of my darkest moments and biggest mistakes have come to symbolize significant turning points or deep learning that would not have been otherwise possible. In the words of Helen Keller, *“Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired, and success achieved.”*]

3. **Say, “Thank you.”** Those who say ‘thank you’ more often than ‘please give me....’ experience higher life satisfaction.
4. **Three Square Meals.** A good friend of mine takes a moment before every meal and says three things he is grateful for since his last meal (and he is the most grateful person I know!)
5. **Appreciate Someone.** Every day, let a person in your life know you are grateful for them, *and why*. Even if you only do this weekly, in a year you’ll have sent 52 notes.
6. **Build a Gratitude List.** Start with a list of 25-50 things for which you are grateful. Whenever you think of something new, add it to the list (challenge yourself to reach 100!). Pull the list out and read it for a quick pick-me-up whenever you feel down, sad, or ungrateful.
7. **Wear a Body of Gratitude.** With feet flat on the ground, pull your shoulders back and your head up, open your palms toward the person you are facing, and take a deep breath.
8. **Fill a Gratitude File.** Every time you receive a thank you note, place it in your file. In email, create a folder to store these. When you are having a bad day open the file and, as you read, feel the warmth of other people’s appreciation wash over you.
9. **Notice the Invisible and the Infrastructure.** When was the last time you gave thanks for the fact that the lights actually go on when you flip the switch? Or that your faucet flows with clean, drinkable water? Or that you can live without fear of being assassinated in your home? Much of the world’s population still lacks these life basics, so take a moment to appreciate what may have become invisible to you.

**Happy Thanksgiving. And in case you’ve not heard me say it before, my dear Readers: I am grateful for you!**

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**The 13 Principles of Happiness** offer specific practices to strengthen your “happiness muscles.” Visit <http://www.theexecutivehappinesscoach.com/happiness/philosophies.cfm>, to download a 1-



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page PDF Poster. Post it on your refrigerator, and have extras handy for when your guests read it on Thanksgiving and want their own copies!

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## II. COMMERCE DIVISION: HAPPINESS ONLINE

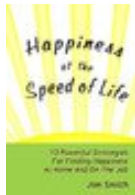
### Live edition of 11-16 Regina Brett Show to feature Jim Smith, The Executive Happiness Coach®

This week's edition of *The Regina Brett Show* (broadcast on public radio station WKSU, 89.7 FM Kent, Ohio) will be about "Giving Thanks." This program will air live on Wednesday, November 16 from 7:00-8:00 p.m. before a live audience of 100+ guests in the First Energy Auditorium in Franklin Hall at Kent State University.

A featured guest will be Jim Smith, The Executive Happiness Coach®, an expert in the field of gratitude and Positive Emotion. In addition to the conversation about the power of Giving Thanks, the plan is to do some live, "in-the-moment" coaching with members of the audience.

If you live in NE Ohio and can pick up the WKSU 89.7 FM signal, please join us live. If you live outside the broadcast area, you can stream the broadcast at <http://www.wksu.org/listen/>. Archives of this broadcast will be available at <http://www.wksu.org/regina/> later in the week.

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## III. IN THE WORKPLACE: THE ROI OF GRATITUDE

A recent Northeast Ohio workplace survey conducted by my friend and colleague, Paul Meshanko of [Legacy Business Cultures](#), netted some thought-provoking results. When they sorted the results according to responses to different questions, one data set literally jumped off the page.

**Everything revolved around responses to the statement, "I feel valued in this organization."** Those who felt valued also scored HIGHER in *nearly every other workplace dimension*, from productivity to creativity and loyalty to the organization. Those who did not feel valued scored LOWER across the board.

**In other words, how valued the employee felt affected EVERY other dimension of engagement.**





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**The lesson for leaders is this: make sure you create and maintain a positive connection with your people.** There is a direct and measurable return on your investment of time spent in conversation with your people.

- Let them know you notice and **appreciate their strengths.**
- **Offer feedback** and support to help them improve and avoid repeating mistakes.
- **Ask for their contributions**, and listen to their ideas.
- **Keep them informed** about what is happening in the business (good and bad, speak the Truth)
- Finally, **tell them – out loud – that you are grateful for their contributions** to your success, and that you will support their success, as well.

**Remember, Leadership is not about a title:** Anyone can be a leader who initiates conversations of Gratitude that allow others to feel valued and appreciated.

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## IV. ABOUT THE COACH

Hi, I'm Jim Smith, PCC, The Executive Happiness Coach®. **I work with smart, successful people like you, who secretly struggle with stress and overwhelm as you strive to succeed at the next level. I help you become a better leader AND dump the stress.**

- *“Jim is a great listener, encourager, challenger. His services are worth every penny and then some! His coaching has had **a lasting impact on my life both professionally and personally.** I HIGHLY recommend Jim” ~Kay P, marketing director*

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: [Jim@TheExecutiveHappinessCoach.com](mailto:Jim@TheExecutiveHappinessCoach.com) or +1-440-885-3247

If you received this from a friend, [SUBSCRIBE](#) now to get your own copy in the future, plus you'll **get a valuable leadership report!**

### All things Happiness Coach:

Blog: [www.LifeWithHappiness.com](http://www.LifeWithHappiness.com). Connect on [LinkedIn](#), [Facebook](#), or [Twitter](#).

View past editions <http://www.TheExecutiveHappinessCoach.com/newsletter/archives.cfm>

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

**How will YOU decide today?**

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