

Happiness Habits At Work - Twelve Secrets For A Happy Workplace

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- 1. Speak to Strangers.** Smile, make eye contact. Offer a sincere, warm welcome or a fond farewell. Touch each person you meet with a positive spirit. When you summon up a genuine sense of fun and sparkle and honestly project it, you can't help but take on a more positive mood yourself.
- 2. Move From Problems To Solutions Quickly** - The problem fuels anger and distress. Shifting the focus of attention to solutions usually makes everyone feel much better. Success is much more and very different from just fixing problems or eliminating difficulties. Focus on what you want to achieve.
- 3. Eliminate All Unnecessary Negativity** - Amazing improvements in happiness come when people simply decide to eliminate all unnecessary negativity from their lives. Detach from or limit negative people, situations and thoughts, watch what happens. It's a simple but powerful tool!
- 4. Choose Your Mood.** Picture yourself smiling, happy and successful in your mind's eye. Feel those feelings and honestly project them. Try to take on that mental perspective. It becomes easier with practice. We can generally genuinely take on feelings we decide to focus on and project.
- 5. Celebrate Success & Achievement** - Your own and other people's successes. This propels people to achieve more and provides positive role models. People can only excel and do well when they know what excellence is.
- 6. Avoid the Fault Finding Feel Goods** - Habitually happy people don't blame, criticize or condemn others and they avoid people who do. They don't elevate themselves by focusing on what's wrong or finding fault. They focus on what they really want to achieve and the benefits that come with it.
- 7. Don't Beat Yourself Up, Criticize or Condemn Yourself** - Beating yourself up reinforces errors you are trying to avoid. Channel regrets into positive, meaningful action that strengthens skills and builds greater happiness and future successes.
- 8. Rebel Against Unhappiness** - Don't hand control of your thoughts, actions, feelings and well-being over to people or outside circumstances that rob your happiness. Cultivate emotional independence and an indomitably strong, positive, good spirit.
- 9. Make Work Fun** - Creatively reinvent boring, difficult or unpleasant chores into games, involve other people, plot your progress toward achieving difficult tasks, tie everything you do to meaningful goals. Let a spirit of fun propel you to success, happiness and ever greater achievements.
- 10. Define Yourself As A Happy Person** - Decide what sort of person you want to be and become. Let that goal become role that is authentic and real for you. Try to be your *Best Self* all of the time. If we don't consciously determine what sort of person we want to be, our environment and experience define our identity and destiny for us.
- 11. Have High Integrity, Live According Best Values** - When you live by high, good values you can feel confident that, even if you stumble, you have done YOUR best. Nothing is worse than compromising your integrity and failing too. Habitually happy people cherish the very highest, best values and live by them.
- 12. Try To Have A Good Time All The Time** - Habitually happy people literally try to have a good time all of the time. They want to make the most of each moment. Normal people say, "Don't be silly, you can't expect to be happy or have a good time all of the time!" Habitually happy people reply, "I can!" or, "With an attitude like that you never will be truly happy!"

Michele Moore is author of *How To Live A Happy Life - 101 Ways To Be Happier* - see www.HappinessHabit.com for details. She delivers Happiness Habit® programs to organizations wanting happier, more effective working environments. See www.MicheleMoore.com for further details.

