

3 Levels of Personal Mgmt for Joy

- 1) Time Mgmt – what are your priorities?
- 2) Energy – if you have more energy, you get more done in less time
- 3) Enthusiasm – how do you re-set your passion?

def·i·ni·tions

Nerd (noun) – never found the off switch to curiosity

En•joy (verb)

En = to make, cause, create

You are where you are because of your mindset. You will become what you will become because of your mindset. The secret – it is your mind to set.

Practice
Good
Thought
Hygiene

Hug like
your
grandma!

A joyful
heart is good
medicine
Prov 17:22

Leaders are powerstrips – others plug in to you for energy. You need to be sure you're plugged in to a source for your energy.



Immersive Reading

- Select 12 of the best books in the field of your interest
- Read 1 book per month and journal about what you learn



8 Tools for Joy

1) Gratitude

- Keep a gratitude journal
- AM – write 3 things you are grateful for and 3 things that would make the day great (your intention focuses your attention)
- PM – write 3 things that went well

2) Attitude Checker

- Check your attitude 3 times a day
- Fix your attitude as needed

3) 555+1

Morning Ritual to Reset Your Spirit

- 5 minutes to read
- 5 minutes to listen
- 5 minutes to pray
- Takes only 1% of your day
- Take a sabbath – do something that resets your spirit each week

4) ESN

- Exercise 30 minutes a day
- Sleep 7-9 hours a night
- Eat healthy foods

5) Positive Relationships

- 5:1 (positive:negative)
- Share active constructive responses

6) Work with Joyful Excellence

Your excellence should not be mood dependent

7) Grow

Learn, grow, and share what you know

8) Give

Find a way to give every day, even if it's just a smile

