**CREATING a HAPPY, OPTIMISTIC**

**& PRODUCTIVE WORKPLACE**

Presentation

by

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**Optimists Focus on** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Pessimists Focus on** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Optimists Love to Make Everything**

 +

 +

 +

**Pessimists Love to Do 3 Things**

 A.

 B.

 C.

**Syllabus I Created for my MBA Students**

 In My Syllabus

 MBA Student after her last MBA class – my class – insisted on private meeting

**RESEARCH on REASONS to BE OPTIMISTIC**

> \_\_\_\_\_\_\_\_\_\_\_\_

 P\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 E\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

> \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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***Terry Terrific*** - ***Abilities & Behavior Forecaster™ Tests***



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3.

***Lee Lousy*** - ***Abilities & Behavior Forecaster™ Tests***



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**5 FAST WAYS TO BE OPTIMISTIC – *INSTANTLY***

1.

2.

3.

4.

5.

5

**7 ACTIONS YOU CAN DO EVERY DAY TO**

**+ BE *FANTASTIC ROLE MODEL* OF OPTIMISM**

**+ *SPREAD CHEERFUL, UPBEAT* FEELINGS**

1. LOOK \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_ – at *A LOT* OF PEOPLE

3. SAY, “\_\_\_\_\_\_\_\_\_\_” – to *A LOT* OF PEOPLE

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2 OR MORE TIMES IN EVERY CONVERSATION

 REASON =

5. ASK “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” QUESTIONS

6. ASK VERY, VERY FEW “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” QUESTIONS

7. OFTEN SAY

 + “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

 + “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

**TERRIFIC TIP FOR MANAGERS & LEADERS**

“SHADOWING”

ASSIGN PESSIMISTIC EMPLOYEE TO \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

YOU *MUST* SCHEDULE & *HOLD* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**COMMON PHRASES YOU MUST *NOT* USE**

 DO ***NOT*** SAY **DO SAY**

**GIVE 3 OR MORE \_\_\_\_\_\_\_\_\_\_\_\_\_ PER DAY**

**MUST** BE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MY RESEARCH COMPARING HIGH-ACHIEVERS versus UNDER-ACHIEVERS

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**“*GRACE*” by YOU**

 **PRODUCES HEALING**

Dr. Mercer’s Definition of “GRACE” =

 +

 +

 +

 +

YOUR “GRACE” HELPS PRODUCE HEALING IN YOUR

 \*

 \*

 \*

 \*

 \*

**HOMEWORK ASSIGNMENTS**

**to**

**HELP YOU + YOUR WORKPLACE**

1.

2.

3.

4. **Within 1 week, send EM to Dr. Mercer or Call Dr. Mercer – to tell him your ….**

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**> Your Questions** – about topics in this webinar/presentation

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