



When you're happy you're:

More productive

More creative

More helpful

Better at service

More focused on quality

More open

More optimistic

More motivated

More engaged

More energetic

More resilient

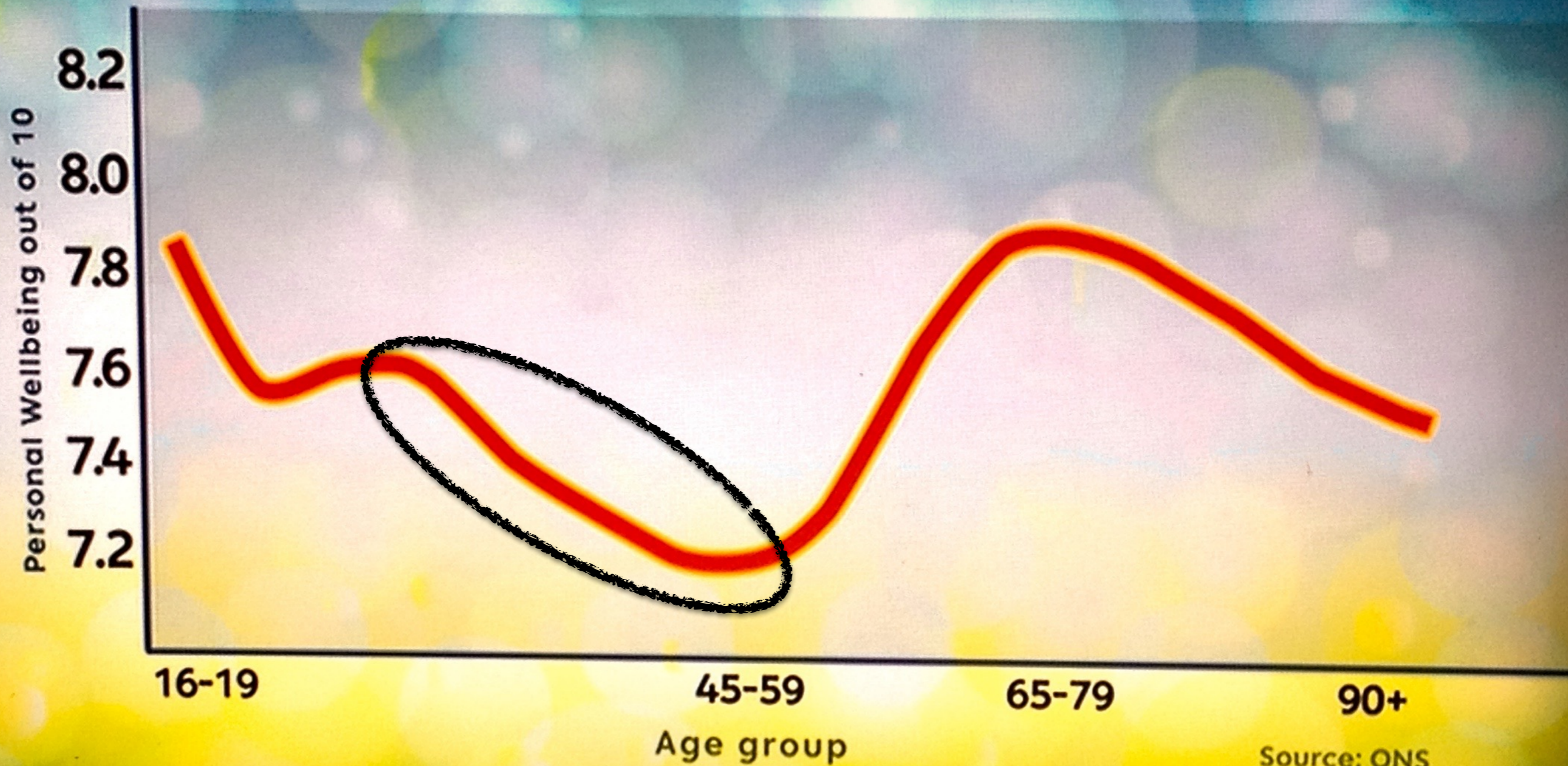
A faster learner

A better team player

Default setting
No child born negative



AVERAGE LIFE SATISFACTION



Source: ONS



Thinking about Brilliance.....

What does the 10/10 version of you look like, sound like, feel like?

What 3 qualities describe you when you are at your absolute best?

**How often are you at your absolute best?
(Honestly!)**

What is stopping you from being your best self?

Upper Level - Positive

2%ERS

Happiness Set Point

MOOD HOOVERS

Lower Level - Negative





The happy train!

The BEST mindset in the world!!!

The 2% MINDSET

2% of the population:



Embracing the unknown

Excitement

liking change

Living without Limits

ABUNDANCE

ACT in spite of fear

Getting the MOST out of Life

98% of the population

Being like everyone else

REGRET

Insecure

Procrastination

FEAR

Play it safe

A DULL life

Just getting by

Settling for less

Surviving

SO comfy + boring

YOUR COMFORT ZONE



Going for your dreams

EXPLORING NEW THINGS

Choosing happiness

Confidence

Fulfillment





| Time | Destination | Expected |
|------|---------------|----------|
| *** | NEXT STOP | *** |
| | GOOD MORNINGS | |

Guy Browning - 4 Horseman of Negativity

monotony, tiredness, complexity, news





**BEWARE OF
SMARTPHONE
ZOMBIES**



**Your child is being eaten
by a camel.
Do you...**

a) save your child or

b) take a photo.



Every day is a Special PANTS day



Life's too short. QUIT waiting for happiness

Choose to be
POSITIVE



Thinking about brilliance.....

E + A + R = O



UNDERSTAND
your impact

Thinking about Brilliance.....

The 4 minute rule

Small changes ripple outwards

- Ask engaging personal Q's
- Exercise
- Meditation
- Random Acts of Kindness
- Gratitude Journal
- Observe yourself lovingly

The 2%er You....

What are you going to stop doing and start doing to be a top 2%er?

What are the 3 simple actions that you will take as a result of today's session?

