



Brown & Brown
INSURANCE®

NORTHWEST

The Power Of Happiness in Life, Work and Home

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Brown & Brown Northwest



OUR GOALS

Personal

- To see our role in a different light
- To understand that we can be in control of our happiness
- To better understand success
- To be better leaders and people
- To be happier

Business

- To be a better teammate
- To be more productive
- To be a better leader
- To be more helpful to others
- To be safer

HAPPINESS



11 Proven Ways To Get Along Better With Everyone!!!!

WAYS TO GET ALONG BETTER WITH EVERYONE

1. Before you say anything to anyone, ask yourself three things:
 - 1) Is it true?
 - 2) Is it kind?
 - 3) Is it necessary?
2. Make promises sparingly and keep them faithfully
3. Never miss the opportunity to compliment or say something encouraging to someone
4. Refuse to talk negatively about others – don't gossip and don't listen to gossip
5. Have a forgiving view of people – believe that most people are doing the best they can
6. Keep an open mind: discuss, but don't argue (it is possible to disagree without being disagreeable)

WAYS TO GET ALONG BETTER WITH EVERYONE

7. Forget about counting to 10 – count to 1,000 before doing or saying anything that could make matters worse
8. Let your virtues speak for themselves
9. If someone criticizes you, see if there is any TRUTH to what is being said; if so, make changes. If there is no truth to the criticism, ignore it and live so that no one will believe the negative remark
10. Cultivate your sense of humor, laughter is the shortest distance between two people. Do not seek so much to be consoled, as to console; do not seek so much to be understood; as to understand; do not seek so much to be loved as to love
11. Be willing to help all people without seeking payment or benefit

SMILING CAN TRICK YOUR BRAIN

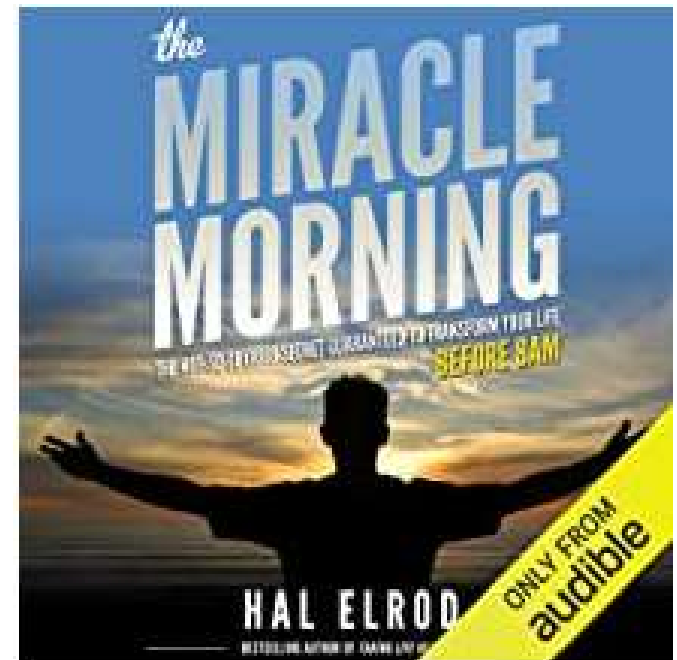
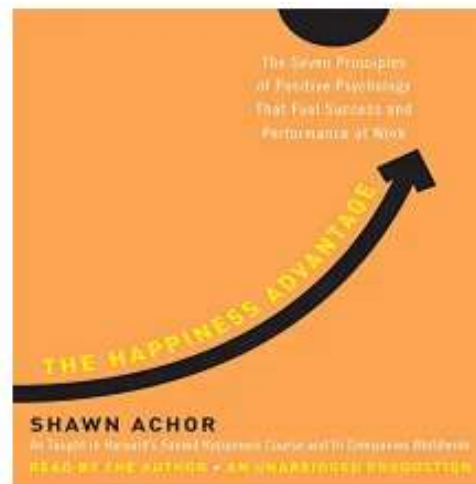
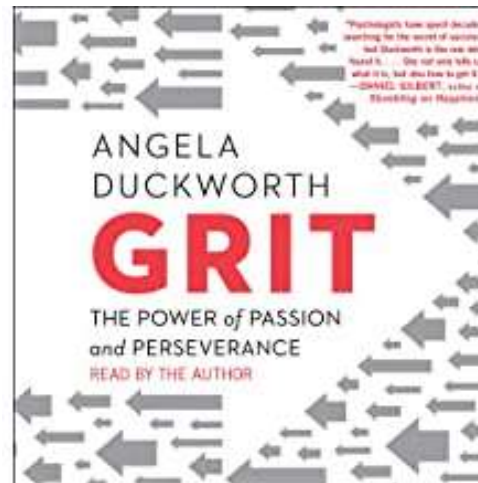
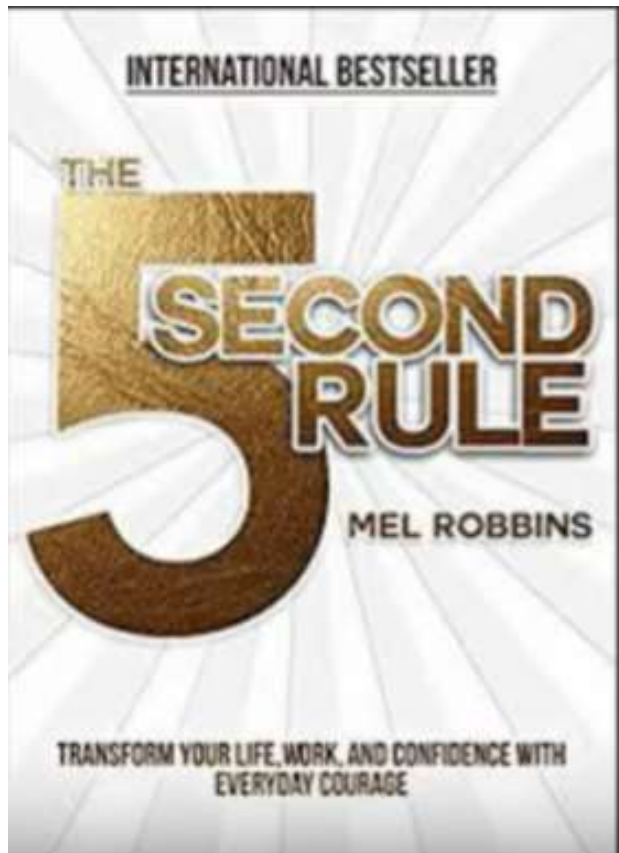
“Grin and bear it”?

Smiling can reduce stress, lower heart rates
and can change your emotional state.

SMILE

University of Kansas

BOOKS



DOES BODY LANGUAGE CHANGE YOUR MIND?



AMY CUDDY, PHD – SOCIAL PSYCHOLOGIST

Try a Power Pose for 2 minutes



700 PERSON EXPERIMENT

Showing a 10-minute comedy clip or giving people a snack and drink made them more happy.

Experiment showed that productivity increased by 12% on average and could reach a high of 20% compared to the control group.

Dr. Daniel Sgroi, University of Warwick Centre for Competitive Advantage, Coventry, England

WHAT PREDICTS SUCCESS

- If I know everything about your external world, I only can predict 10% of your possible success
- 90% of your success is dependent on how you view the external world
- Can happiness predict success?
- What is success?

The Happiness Advantage by Shawn Achor



HAPPINESS TEST



MEASURING HAPPINESS

Take a look at the following statements and indicate how much you agree or disagree with each one according to this scale:

- 1 = strongly disagree
- 2 = moderately disagree
- 3 = slightly disagree
- 4 = slightly agree
- 5 = moderately agree
- 6 = strongly agree

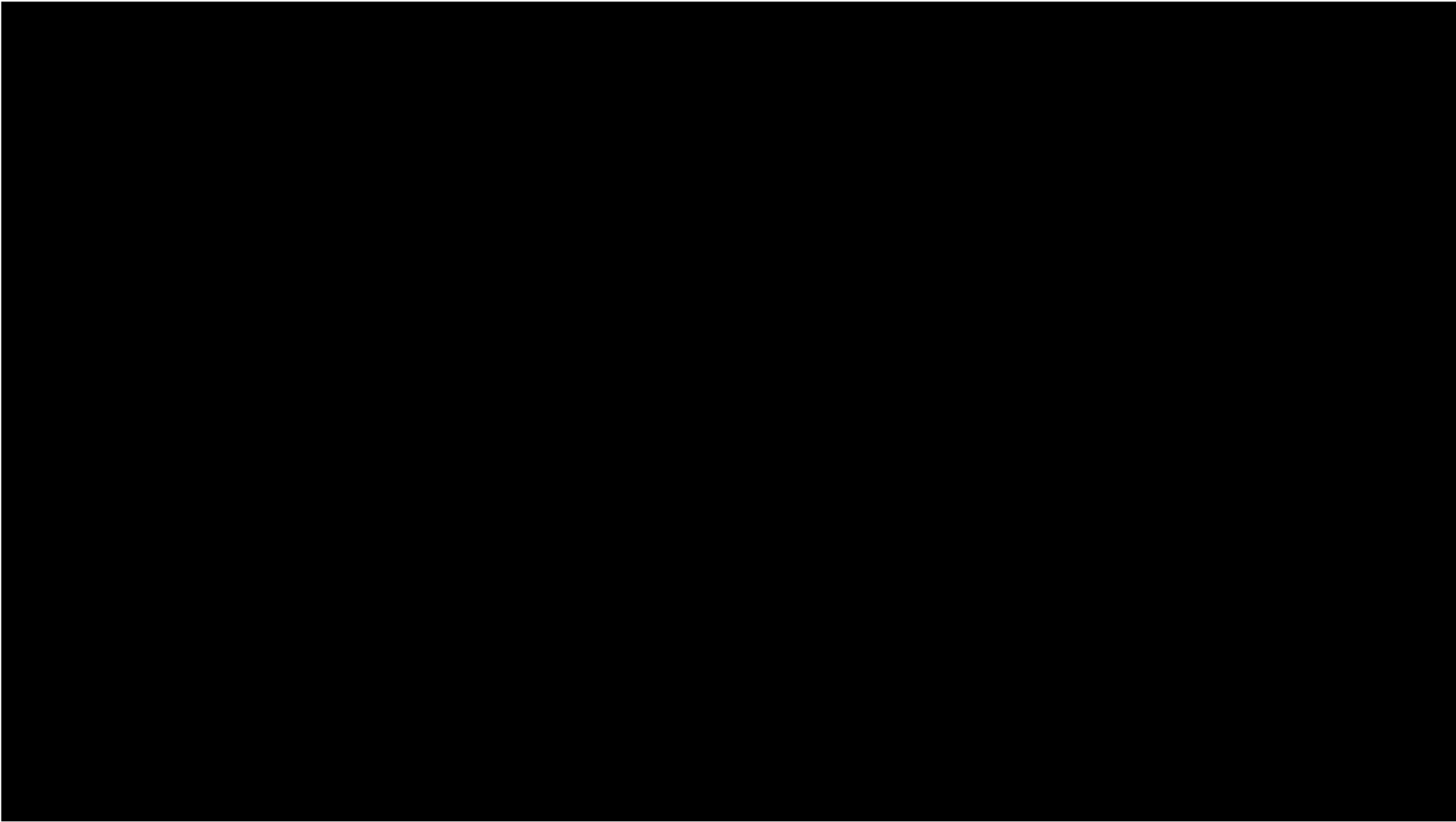
You can write them on a separate sheet of paper if you wish, but do ensure that you write down the question number too.

1. I feel that life is very rewarding. _____
2. I often laugh. _____
3. I do not think that the world is a particularly good place. ® _____
4. I have warm feelings towards almost everyone. _____
5. I do not feel optimistic about the future. ® _____
6. I am able to deliberately find time for everything that I want to do. _____
7. When I think of my past, it is mostly the bad memories that I remember. ® _____
8. I enjoy life, regardless of what is going on. _____
9. I don't tend to have much fun with other people. ® _____
10. I get the most out of everything. _____
11. If I could live my life over again, I would not change very much. _____
12. I do not feel especially pleased with the way that I am. ® _____
13. Compared to most of my peers I consider myself to be happier than them. _____
14. It is rare for me to wake up feeling rested. ® _____
15. I feel that there is a gap between what I would like to do and what I have done. ® _____
16. In general I consider myself to be quite a happy person. _____
17. I feel that my direction in life is controlled by other people. ® _____
18. I find it relatively easy to make decisions. _____
19. If I attend a social function, I often feel I would rather be almost anywhere else. ® _____
20. I have a good sense of meaning and purpose in my life. _____

Now that you have some figures, you need to do a little bit of work with them. Some of the questions need what's called Reverse Coding. Which means you change a 6 into a 1, 5 into a 2, 4 into a 3, 3 into a 4, 2 into a 5 and 1 into a 6. Questions 3,5,7,9,12,14,15,17 and 19 have an ® next to them to indicate that they need reverse coding.

Done that? Good. Now tot up the score. It will be somewhere between 20 and 120. The higher the score, the happier you currently think of yourself. The average happy person scores about 80 with the more enthusiastic types around 90.

Return to this questionnaire periodically and see what changes you can make.



https://youtu.be/E-iWZvdzeGM?si=vLGseOCJDYco_FhJ



DOPAMINE

Wikipedia: Dopamine plays a major role in the brain system that is responsible for reward-driven learning. Every type of reward that has been studied increases the level of dopamine transmission in the brain.

- Dopamine = floods into your system when you are positive
- Dopamine is the fuel for your brain
- Makes you happier and turns on all learning centers of the brain

SUCCESS & HAPPINESS

Success = Happiness (Wrong)

Happiness = Success (Right)



THE MIRACLE MORNING

(CHANGE YOUR LIFE!) HAL ELROD

The morning is very important:

1. Wake on purpose
2. Brush your teeth, put water on your face, drink water

Life SAVERS:

S – Silence

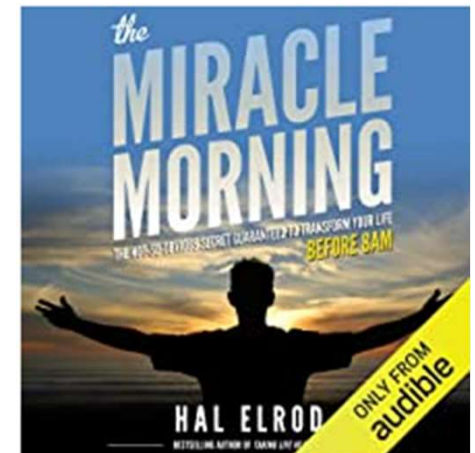
A – Affirmations (am committed to...)

V – Visualization (lifts up your spirit)

E – Exercise (7 minutes)

R – Reading (10 pages/day, 3650 pages/year, 18 books)

S – Scribing



YOUR LIFE WILL CHANGE

REWIRE YOUR BRAIN

Creating lasting positive change:

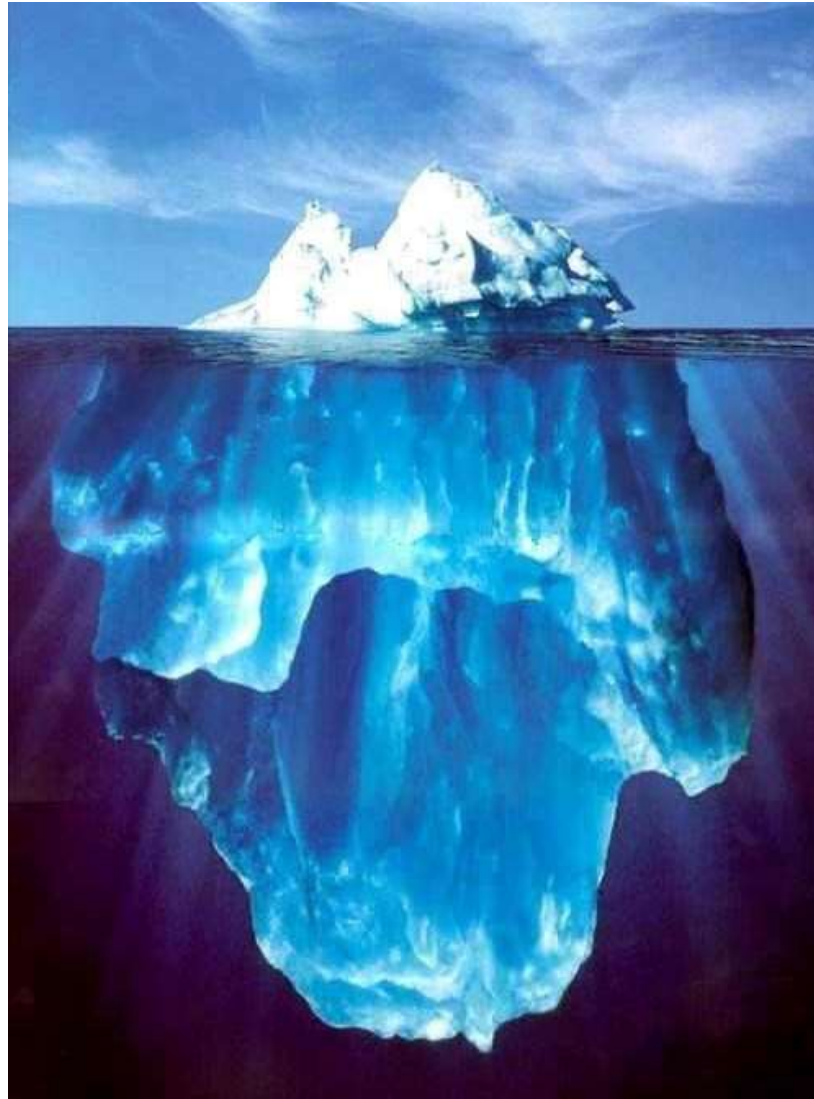
- 3 things that I'm thankful for
- Journaling
- Exercise
- Meditation
- Random acts of kindness

Emmons & McCullough 2003 / Slatcher & Rennebaker 2006 / Babyak et al 2000 /
Dweek 2007 / Lyubomursky 2005

HOW TO BECOME A MORE POSITIVE PERSON

- Focus on more positive than negative
- Be grateful - Consistently grateful people are more energetic, emotionally intelligent, forgiving and less likely to be depressed, anxious or lonely
- Writing down three positive things daily for a week made people more happy long after they stopped the exercise
- Can this cause us to be too positive and thus miss the bad?

HOW DO WE MAKE REAL IMPACT?



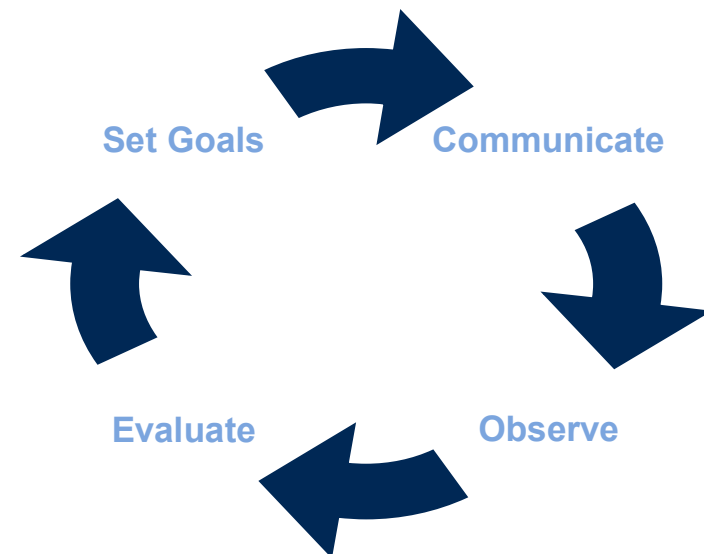
LEADERSHIP
=
SUPERVISION + ACCOUNTABILITY



SETTING EFFECTIVE GOALS

Quick Tips

- S.M.A.R.T. Goals
 - Specific
 - Measurable
 - Achievable/Agreed Upon
 - Relevant
 - Time-bound
- Aligned
- Adjustable



TAKE ADVANTAGE OF THE POWER OF HAPPINESS

