



Happily Ever After or NOW?



When you were little, I'll bet you read lots of stories where the main characters lived happily ever after. In those famous stories, that usually meant the hero saved the damsel in distress and they fell madly in love, etc.

Nowadays, our view of *happily ever after* might have changed a bit. For this month's *Sixty Second Spark™*, I'm going to take a *ViewpointShift™* and look at what it takes to live *happily ever NOW* (instead of later) at work.

If you don't know yet, a *ViewpointShift™* is changing the way you look at or think about things to increase your energy and get better results. I think we would all agree that *happily ever NOW* is all about positive energy and strong results!

Here are 10 steps from my workshop **Grow Greener Grass Right Where You Are™** for living happily ever NOW at work using *ViewpointShift™*. Some are easier than others. Give them each a try and see what you think.

<u>ViewpointShift™</u>	<u>Action Step</u>
Purpose <i>ViewpointShift™</i>	1. When you go to work, remember why you picked the job in the first place. 2. Go to work in a good mood.
Confidence <i>ViewpointShift™</i>	3. Think about all the good things you have going for you at work. 4. Put a skip in your step when you walk and stand up straight.
Learning <i>ViewpointShift™</i>	5. Listen to others, and then share your ideas with confidence. 6. Quit taking things personally.
Respect <i>ViewpointShift™</i>	7. Enjoy your coworkers. 8. Notice nice things about your customers and comment on them.
Gratitude <i>ViewpointShift™</i>	9. Be grateful to have a job and act like you are. 10. Smile a lot & offer to help.

The bottom line is this. You attract to you exactly what you think about at work. So take a minute to think about specifically what happily ever NOW looks like for you. As you think about it, imagine that it is already happening – that the vision is already reality. Try the steps outlined above, starting with a *ViewpointShift™* and see how quickly your *happily ever NOW* shows up at work.

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