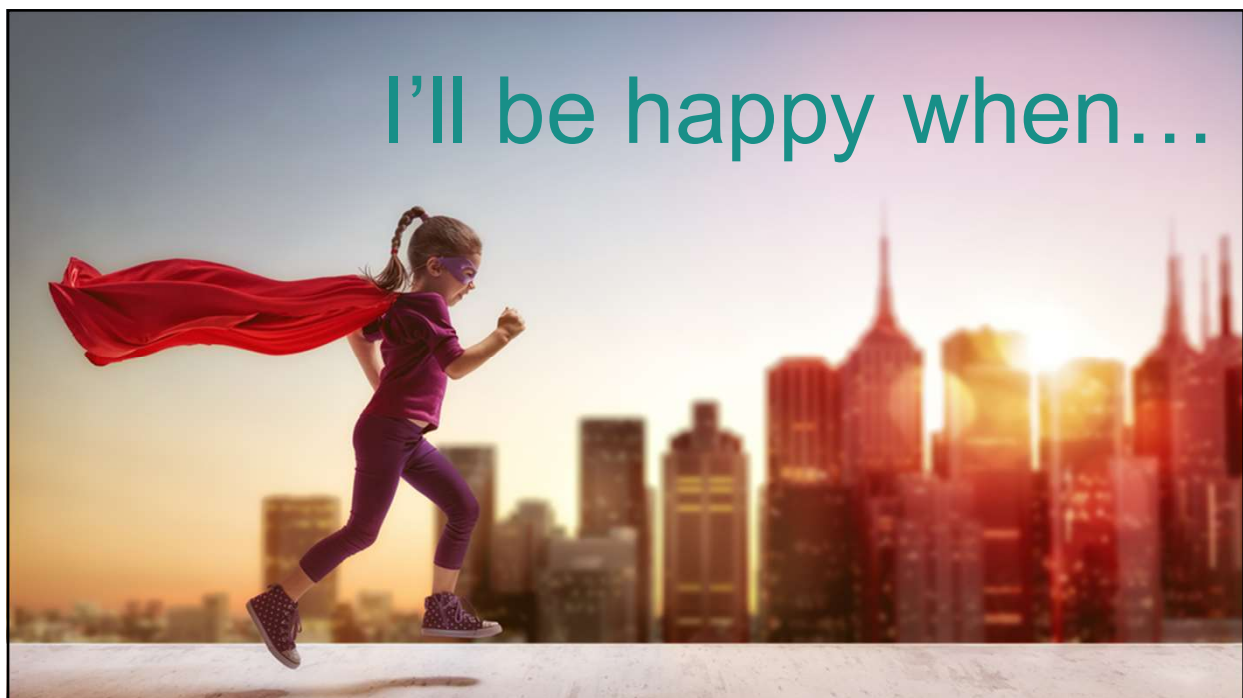
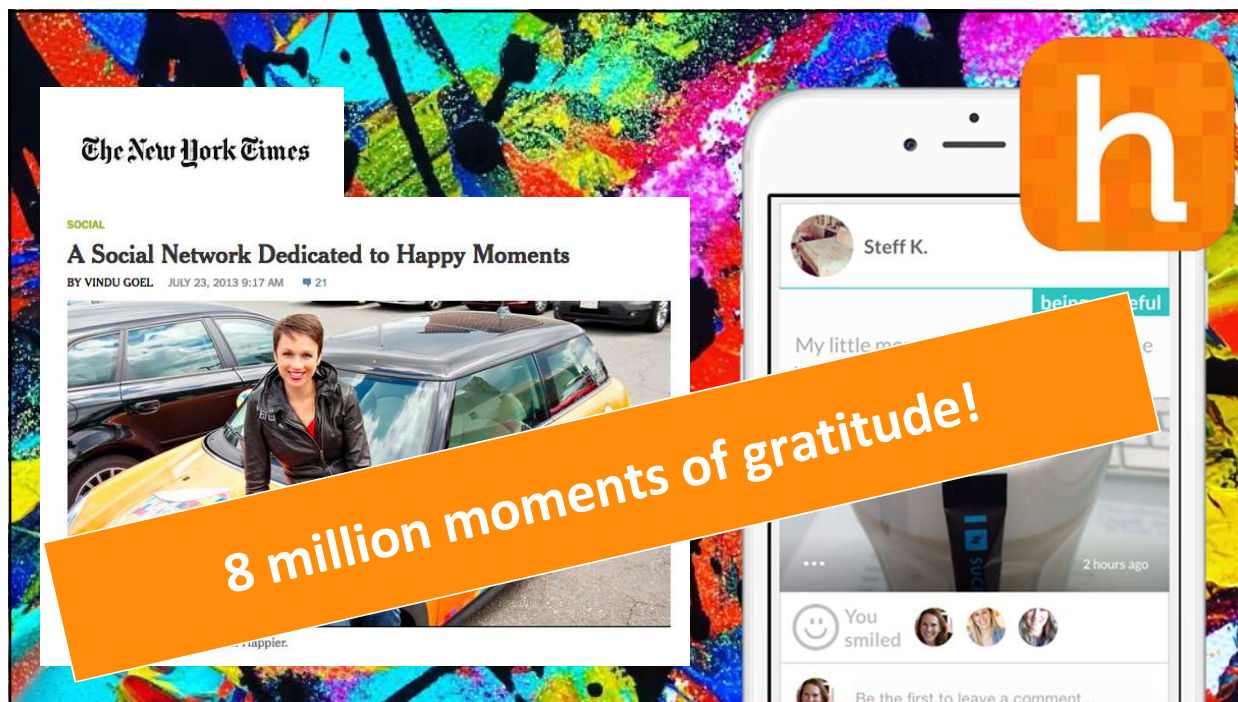


## Happier @ Work

3 science-backed skills  
to help you thrive





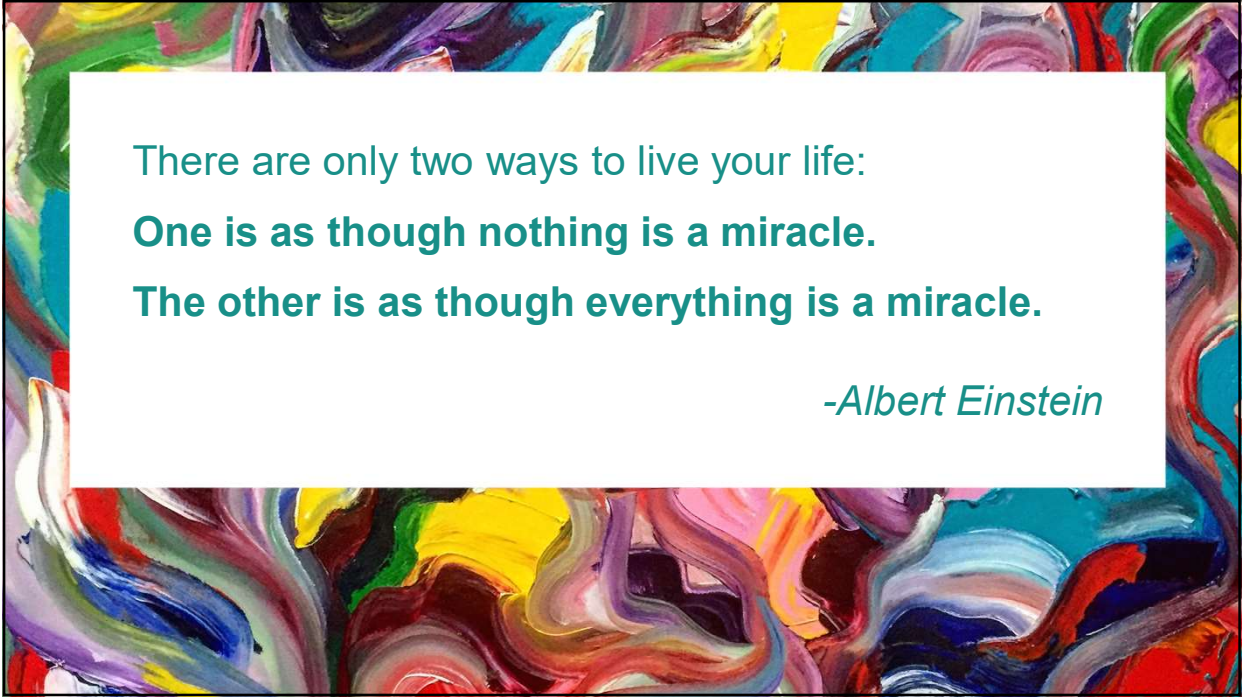












There are only two ways to live your life:  
**One is as though nothing is a miracle.**  
**The other is as though everything is a miracle.**

*-Albert Einstein*



Be grateful for the  
*tiniest things.*  
They all matter.





Gratitude Practice

3 gratitudes before first email

Gratitude Meeting Bookends

## 5 Core Happier Skills

Acceptance

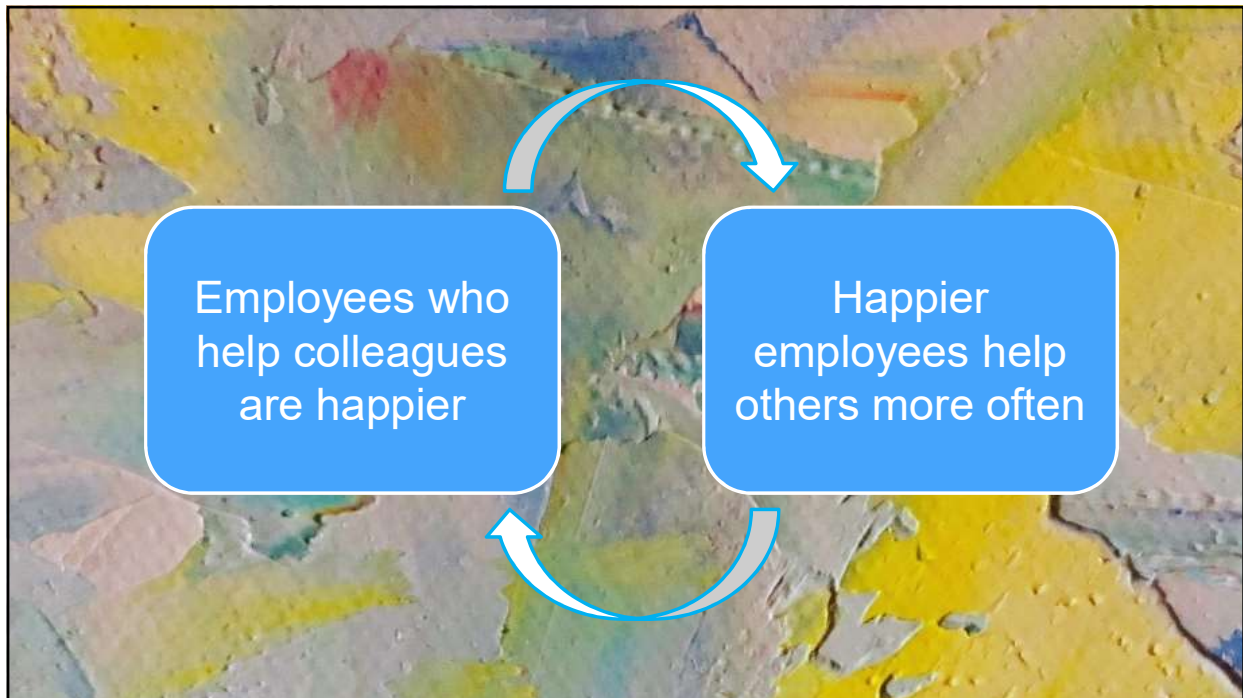
Gratitude

Intentional  
Kindness

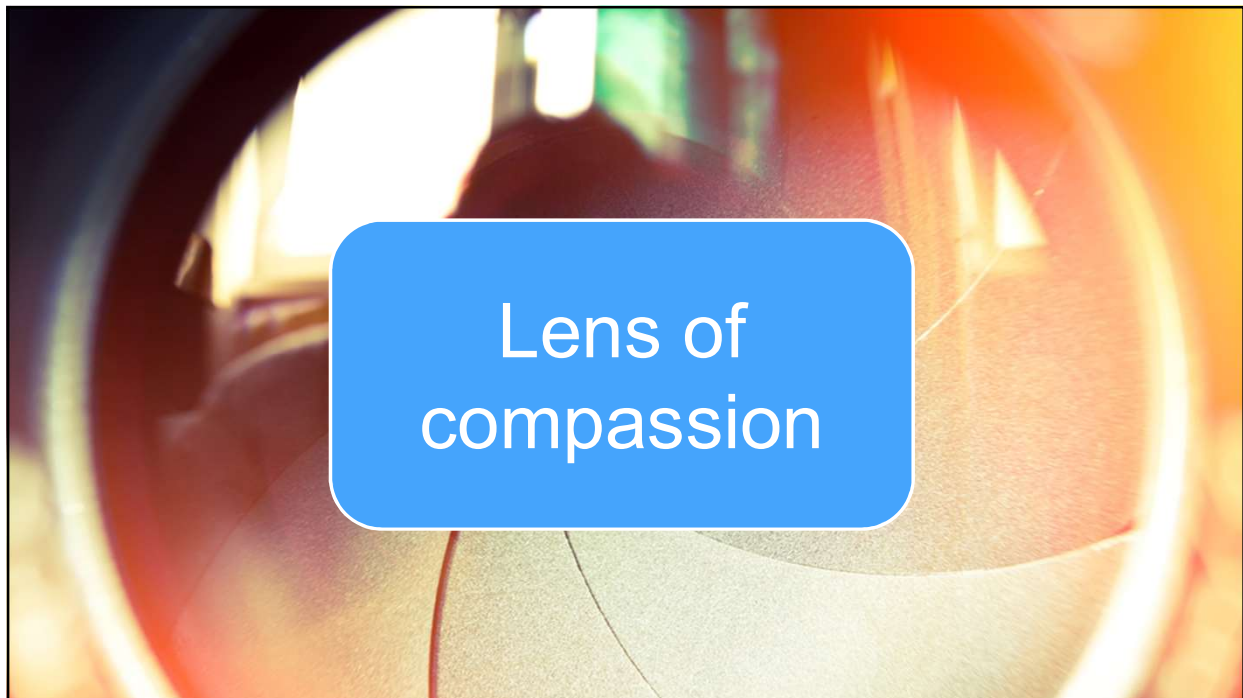
Bigger  
Why

Self-Care





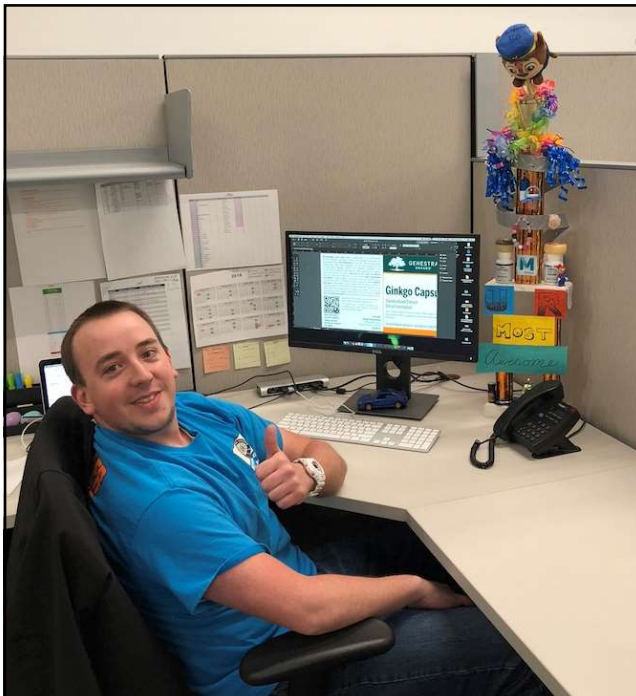
Out of 250,000 deaths attributable to medical errors every year in the United States, **40% are caused by negative effects of rudeness on medical personnel.**



## Kindness Practice

Blast Your Stress with Kindness

Recognize and elevate kindness



## 5 Core Happier Skills

Acceptance

Gratitude

Intentional  
Kindness

Bigger  
Why

Self-Care

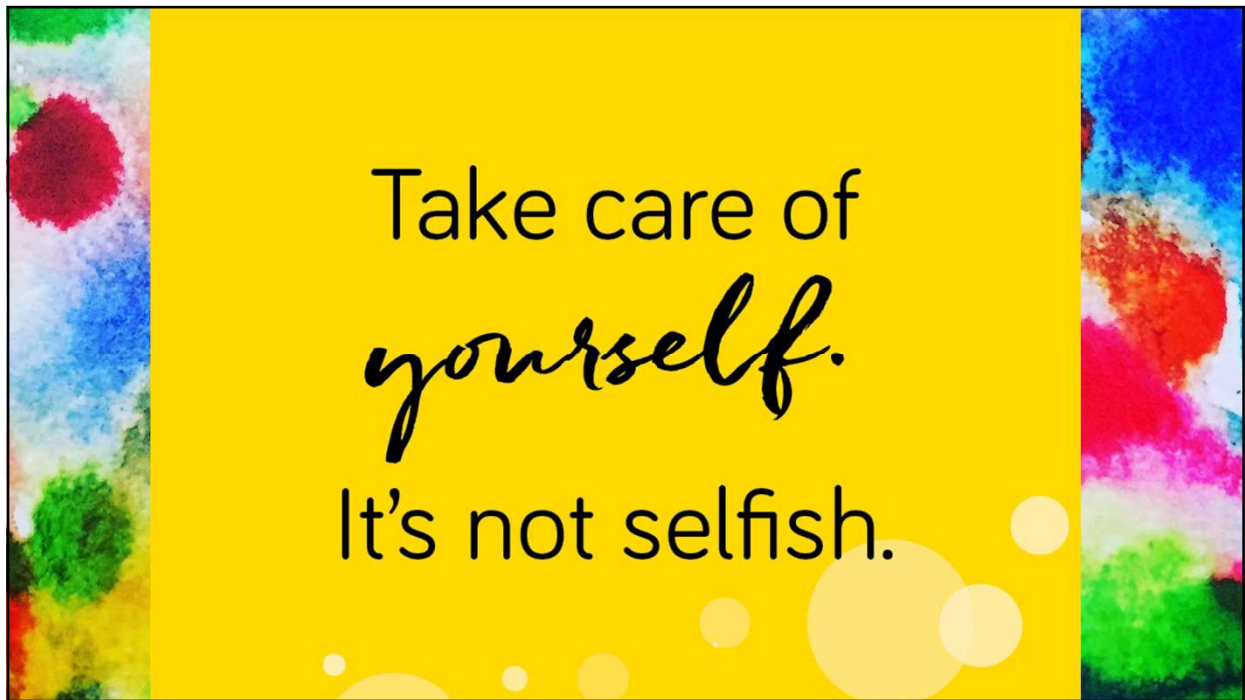


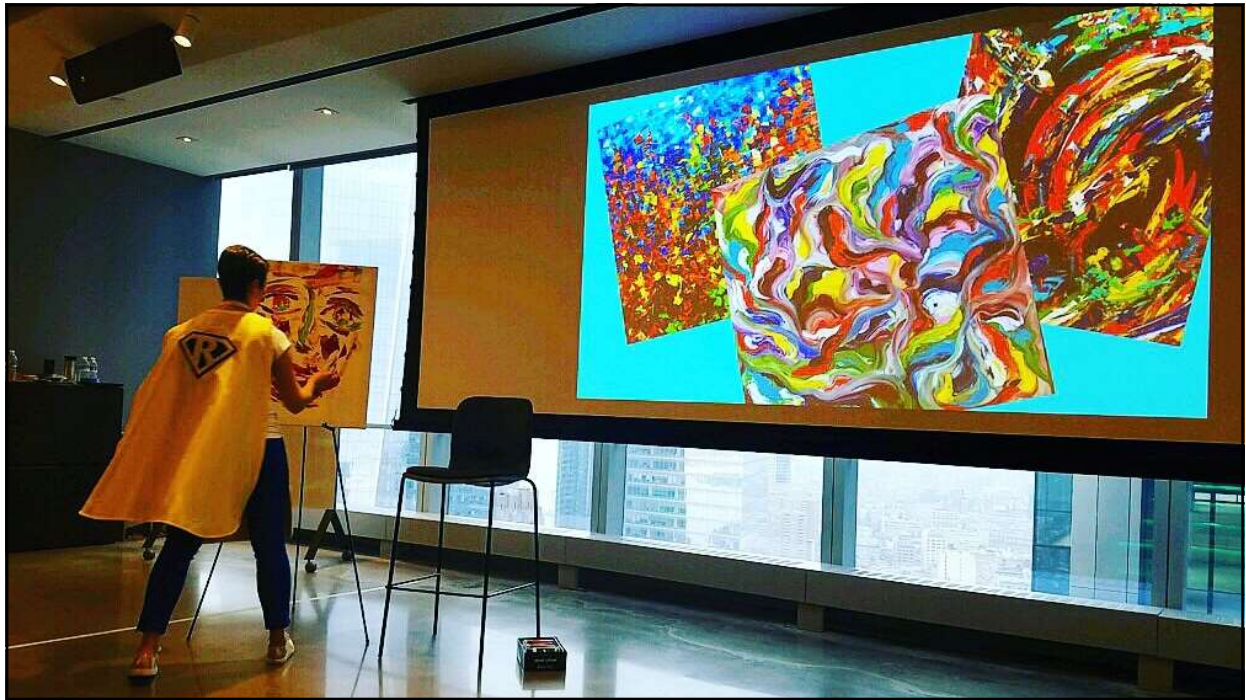


## Self-compassion practice

### 3 Steps to Kinder Self-Talk

1. Become aware of harshness
2. Pause
3. Reframe as if talking to a friend





## Self-care Practice

### 10-Minute Happier Reset

Share how you're practicing

### 5-Minute Happier Workout

Acceptance


Gratitude

Kindness

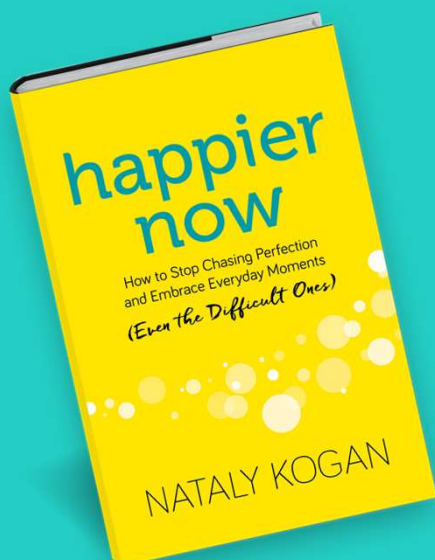

Bigger  
Why

Self-Care

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You can't give  
What you don't have



THANK YOU!  
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