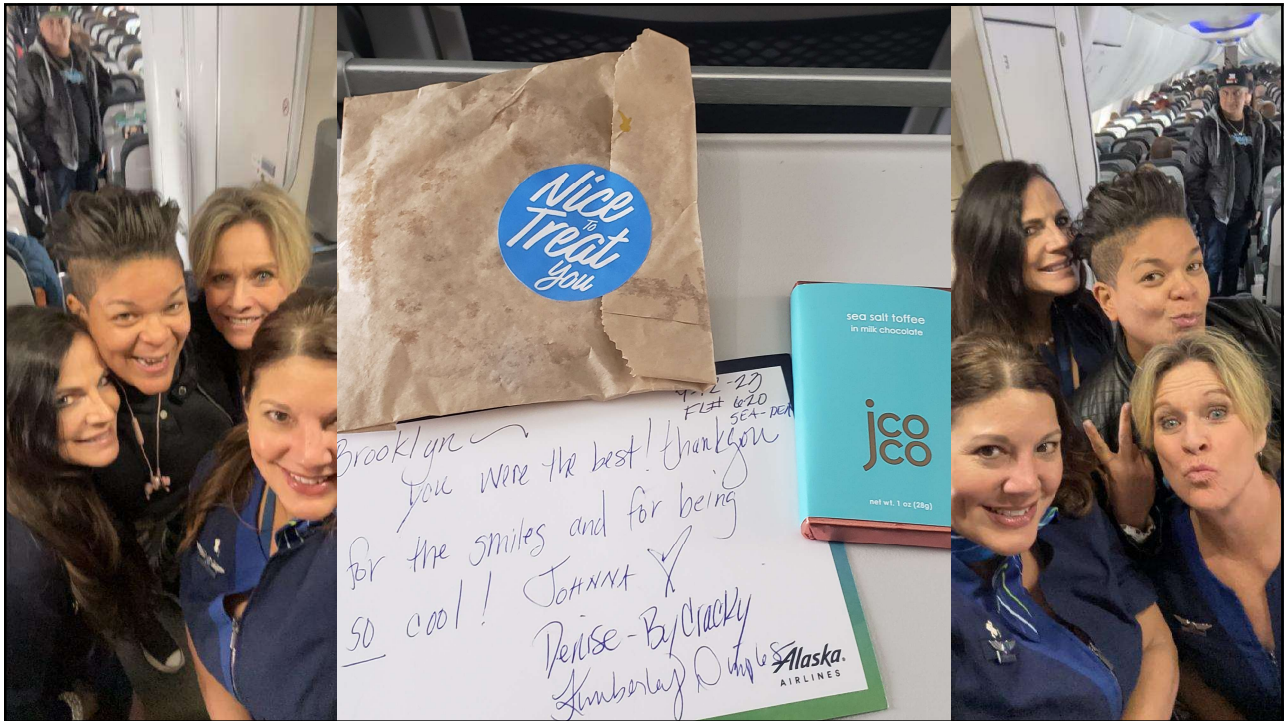


Chose Happiness @Work: The Humor Advantage



1



2

The benefits of Happiness

- Increased Resiliency
- Improved heart health
- Improved Career Opportunities-Sell MORE ☺
- Improved Mental health
- Improved Relationships- Your Wife Tolerates You Better ☺
- Better Life-Enjoy The Hyphen Between Dates

3

The Happiness Family

- Humor
- Joy
- Laughter
- Positivity
- Resilience

- Happiness mindset is a choice and a habit

4




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6

THOUGHTS

- We become what we think
- Thoughts are energy
- Energy creates reality




7



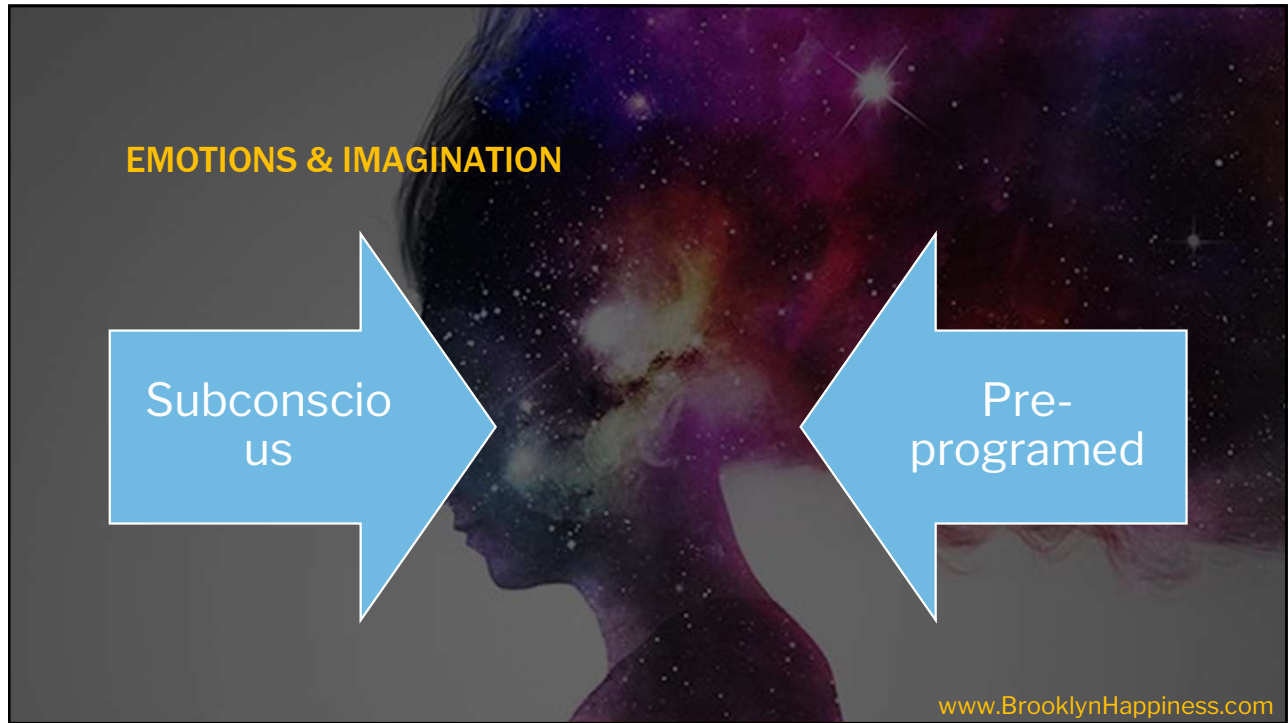
EMOTIONS

- Subconscious (0-7 yrs. old)
- Emotions are at the root of thoughts
- Responsible for results

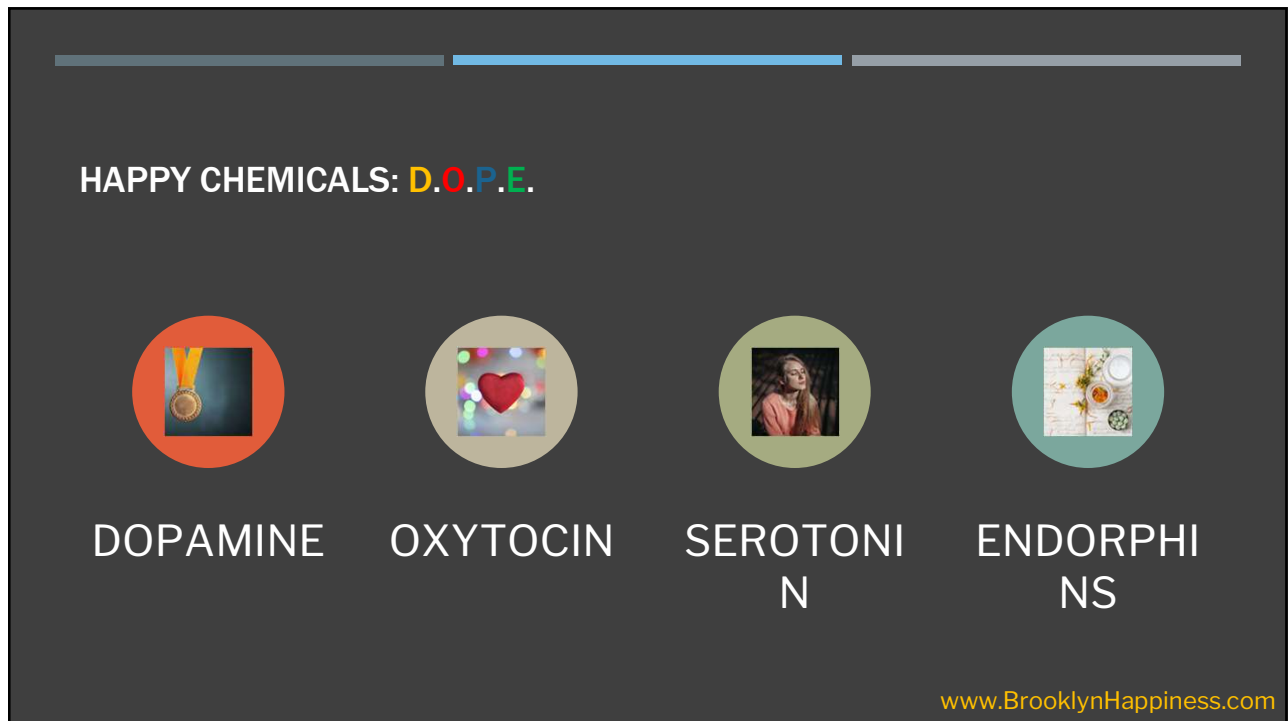


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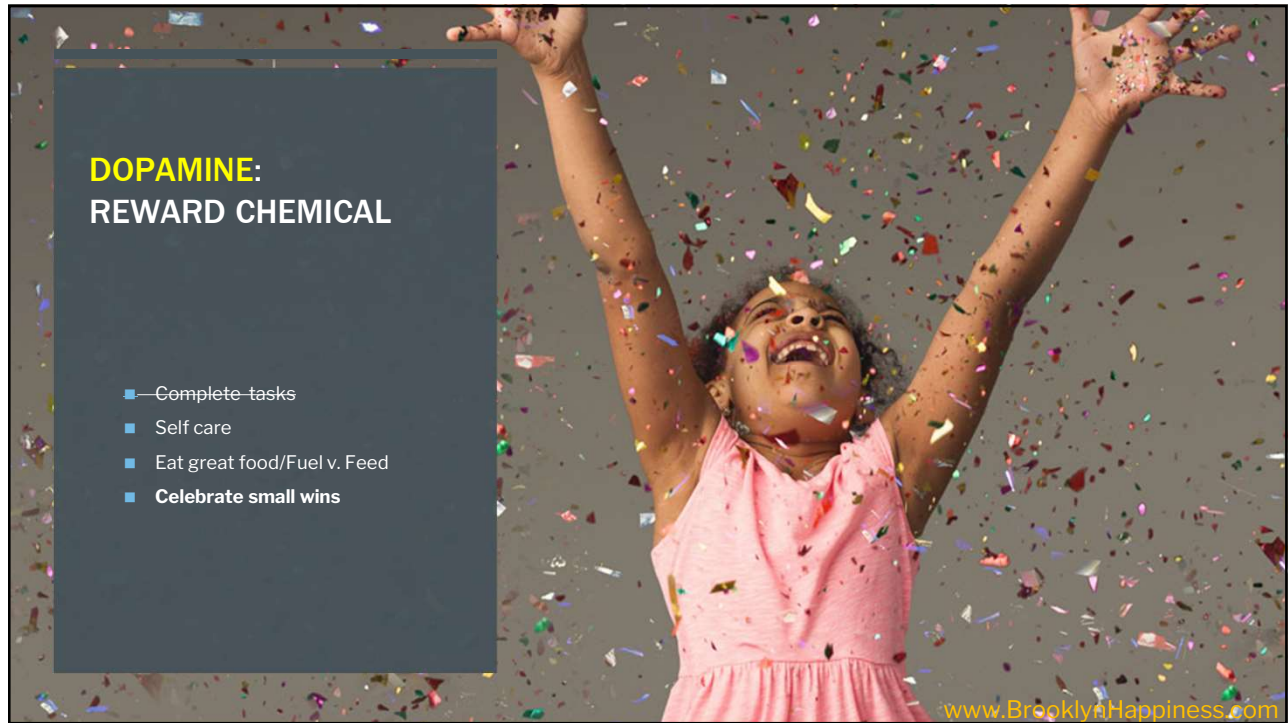
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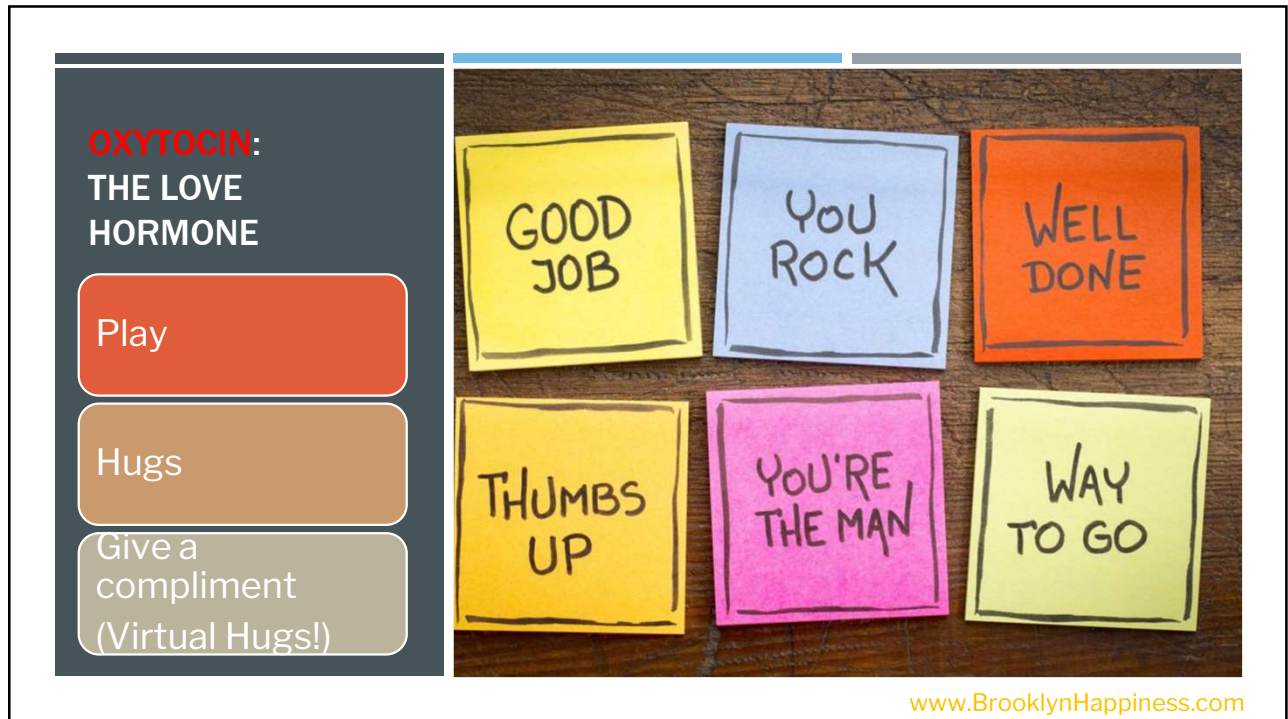


DOPAMINE:
REWARD CHEMICAL

- Complete tasks
- Self care
- Eat great food/Fuel v. Feed
- Celebrate small wins

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OXYTOCIN:
THE LOVE HORMONE

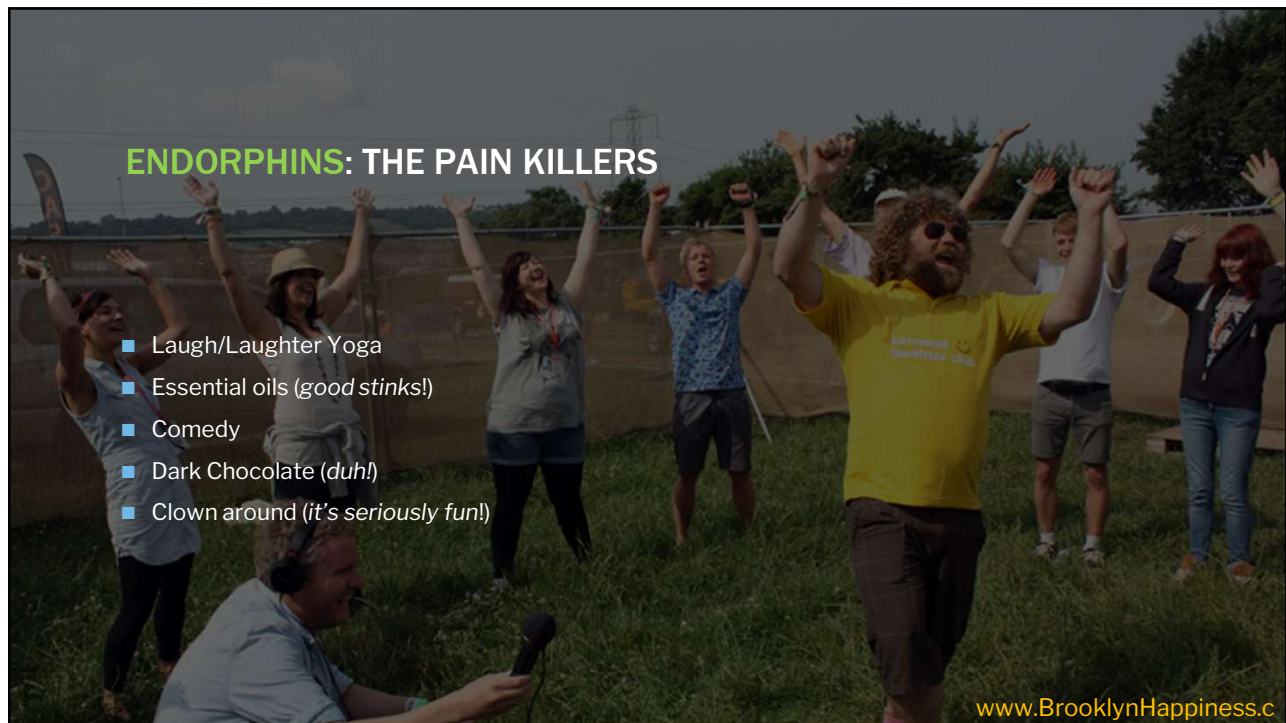
- Play
- Hugs
- Give a compliment (Virtual Hugs!)

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13



14

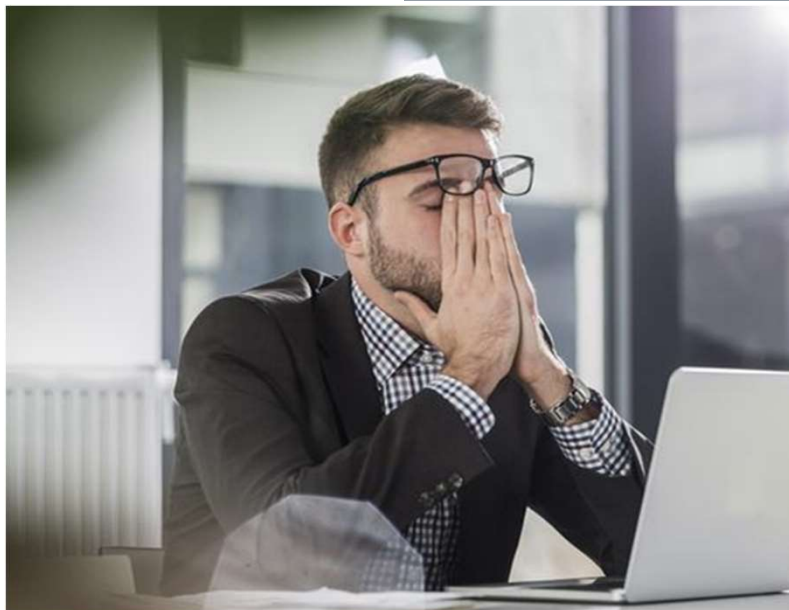
YOUR PLAY PERSONALITY



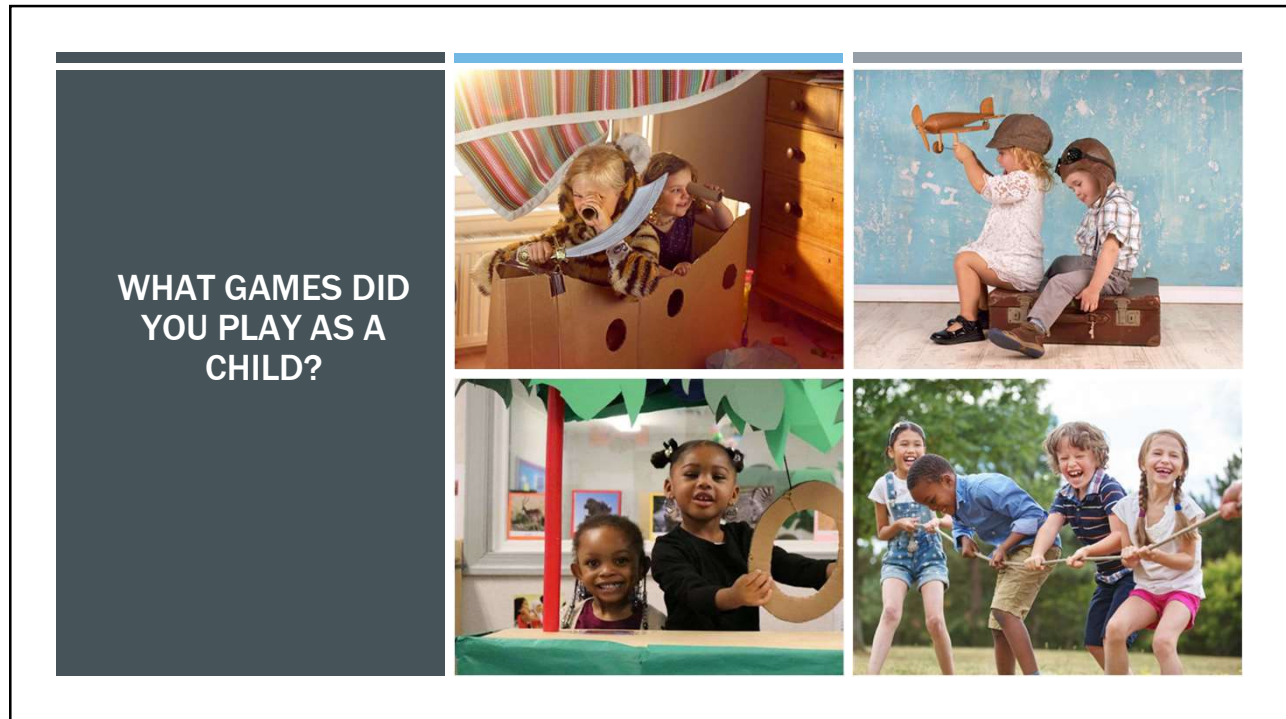
15

PLAY DEPRIVATION

- Lack in brain growth
- Depression
- Addictive behaviors
- Anger issues
- Shallow friendships
- Loneliness



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17




18

JUGGLE DEEP WORK WITH DEEP PLAY


Joker: Cat videos, humor jokes	The Kinesthetic: Move your body, go for walk	The Explorer: Google things to satisfy your curiosity	The Competitor: Play a short game
The Collector: List of latest binges	The Artist Creator: Doodle, make up a song	The Storyteller: Go to storytelling shows/perform	

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LET'S CONNECT

- Virtually & Live
- Let's Connect [LinkedIn](#) / [Brooklyn Dicient](#)
- www.BrooklynHappiness.com



G1 - Choose Happiness
Brooklyn Dicient



Connect with Brooklyn Here!

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