



ON-DEMAND LEADERSHIP

LEARN ▶ DO ▶ REFLECT

Optimum Performance: Upbeat and Resilient Leadership



TLMI Horseshoe Bay
Friday, September 15
Presented by Geoffrey Tumlin

Upbeat and Resilient Leadership: Eight Key Strategies

$$H = .5S + .1C + .4V$$

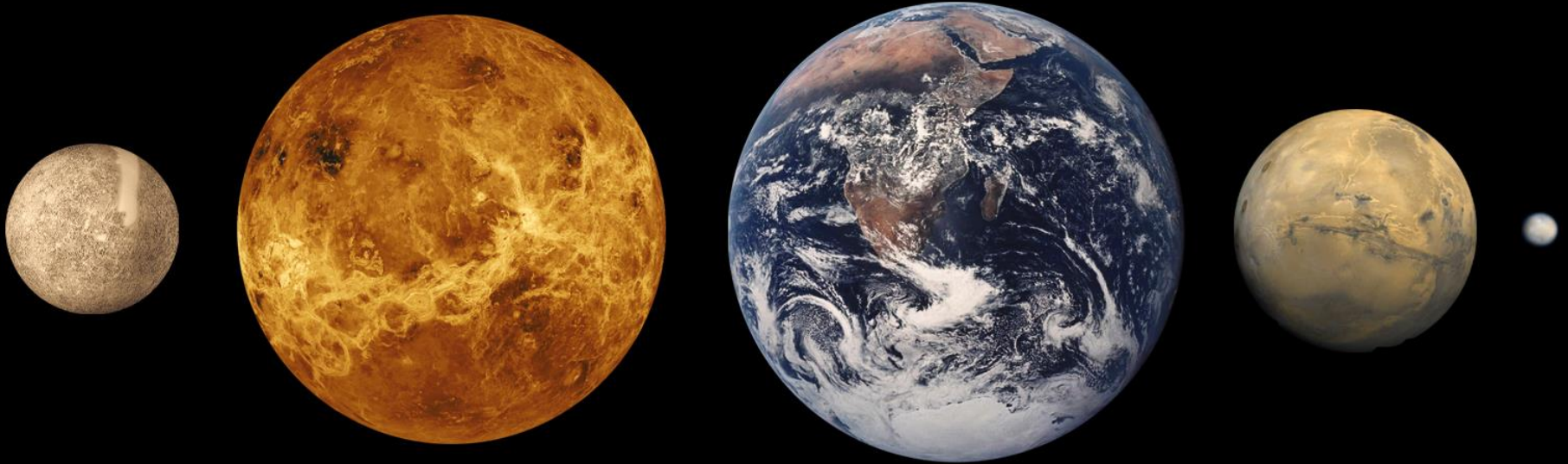
Happiness =

50% Set point + 10% Conditions + 40% Voluntary Thoughts & Acts

(From the research of Sonja Lyubomirsky and Martin Seligman)

1. Think about inheritance & accidents (S = set point)
2. Use your 10% as a lever (C = conditions)
3. Get some Vitamin C & T (V = voluntary thoughts)
4. Fight positive adaptation
5. Extend upbeat emotions w/the savoring triple play
6. Buy some joy
7. Learn from maximizers & satisficers
8. Remember who you are and what you like

Vitamin C



Vitamin T

1. Please tell me about the person you admire the most...
2. Please tell me about someone who did you a big favor...
3. Please tell me about the best day or night of your life...
4. Please tell me about the best vacation you've ever taken...
5. Please tell me about something you love to do...

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Buying Joy: Five Strategies

1. Choose an experience, not a thing
2. Buy back your time
3. Throw money at some problems
4. Invest in other people
5. Treat yourself occasionally

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