



7 PRACTICES FOR A HAPPIER WORKPLACE

Create a Happier Day – Display and Read Daily

- 1 IT STARTS WITH YOU!**
It's not anyone else's responsibility
- 2 FIND GRATITUDE RIGHT IN FRONT OF YOU.**
It doesn't have to be gigantic
- 3 CELEBRATE WHAT YOU ACCOMPLISH**
Every little achievement is worth it
- 4 ASSIST A COLLEAGUE**
The reward is in the giving
- 5 CREATE A LEARNING OPPORTUNITY**
That's what obstacles are for
- 6 FIND SOMETHING TO LAUGH ABOUT**
Not someone to laugh at
- 7 DON'T FORGET TO BREATHE**
For a minute, get present and disengage

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