

Meet the retirement of your dreams

RETIREMEET AMERICA 22

Happiness is an Inside Job

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Happiness is an Inside Job What is your Encore?

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My 3 C's journey

- ▶ Retired in 2010 after 21 years at Boeing great job
- ▶ Good for 3 months. But then...
- ▶ Remembered William Bridge's Transition Model:
 - ▶ Ending
 - ▶ Neutral Zone
 - ▶ Beginning

Who was I - What were my gifts?

- ▶ **What do I bring to the world, separate from the jobs and roles in my life?**
- ▶ **What did that mean for the rest of my life?**

- ▶ **Contribute**
- ▶ **Collaborate**
- ▶ **Create**

Positive Psychology and Brain Science

- **Not Rocket Science - Brain Science**
- **Our minds, our brains, our feelings are all linked - Science is proving it**

Neuroplasticity Made Simple

- “Neurons that fire together, wire together”
- Mental states become neural traits
- Your brain takes its shape from what it rests upon - Experience
Dependent Neuroplasticity

The Mind/Brain Relationship

- “How your use your mind changes your brain”
 - As our brains change, our minds change
 - As our minds change, our brains change
- What you pay attention to - think, feel, want, and how you work with your reactions, sculpt your brain.

3 things our brains need to keep changing

- **Novelty - something new**
- **Complexity - something challenging**
- **Sense of purpose**

Daily choices

What do you do daily that is specifically about your sense of well being and wholeness?

Daily Practices that can lead to Peace, Health, Calm, Happiness:

- Gratitude Practice
- Journaling
- Affirmations
- Meditation
- Prayer
- Yoga/tai chi
- Walking
- Gardening
- Time with pet
- Time with loved ones
- Reading
- Aesthetics
- Exercise

What we need to feel good

- **Something to do**
- **Something to look forward to**
- **Something to believe in**
- **Someone to love**

And one more:

- **Something to laugh about**

Well-Being Theory

- Elements of Well-being:
PERMA
- **P**ositive Emotion
- **E**ngagement
- **R**elationships (Positive)
- **M**eaning
- **A**ccomplishment

Relationships Critical to Well-Being

- Other people are the best antidote to life's downs and most reliable way up!
- Single most reliable momentary increase in well-being of any exercise: doing a kindness!

Important quote

“Be KIND for everyone you meet is fighting a great battle.”

Philo of Alexandria

Themes for Happiness

- **Be Good to Yourself**
- **Enjoy Life**
- **Build Strengths**
- **Engage the World**
- **Be at Peace**

Owning Your Strengths

- **Knowing our strengths is more helpful than knowing our weaknesses**
- **Many approaches to strength-based work**
- **When we act from and practice our strengths we can achieve excellence.**

Gratitude in this moment

**One thing you feel
grateful for right now.**

Daily choices

**Daily Gratitude practice:
what do you take for
granted?**

What gets in the way of feeling Gratitude?

- **Always busy**
- **Comparing ourselves to others**
- **Feelings of ‘Never Enough’**
- **Our brains!**

My Favorite Bumper Sticker

**DON'T BELIEVE EVERYTHING YOU
THINK!**

(but don't stop thinking...)

10 Elements of Positivity

- Joy
- Gratitude
- Serenity
- Interest
- Hope
- Pride
- Amusement
- Inspiration
- Awe
- Love

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