

GROWING THE GOOD

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▶ How we feel

▶ **Adjust your scanner**

- ▶ Foster Gratitude via “3 Good Things”
- ▶ Savor the good
- ▶ Infuse enjoyable activities into daily work
- ▶ “Sandwich” daily experiences (Positive + Difficult + Positive)

▶ What we say

▶ **Prime yourself and others for success**

- ▶ What am I looking forward to?
- ▶ Catch what’s right and acknowledge it
- ▶ Use language that reflects what you value

▶ What we do

▶ **Start the Domino Effect**

- ▶ Be strategic with facial expression and body language
 - ▶ Smile like it matters...because it DOES
- ▶ Match action with values
 - ▶ “What would [others] call your job title if they described it by the impact you have on their lives?” (Chip Conley)

