



# The Art of Being Brilliant

Paul Field



Why bother?

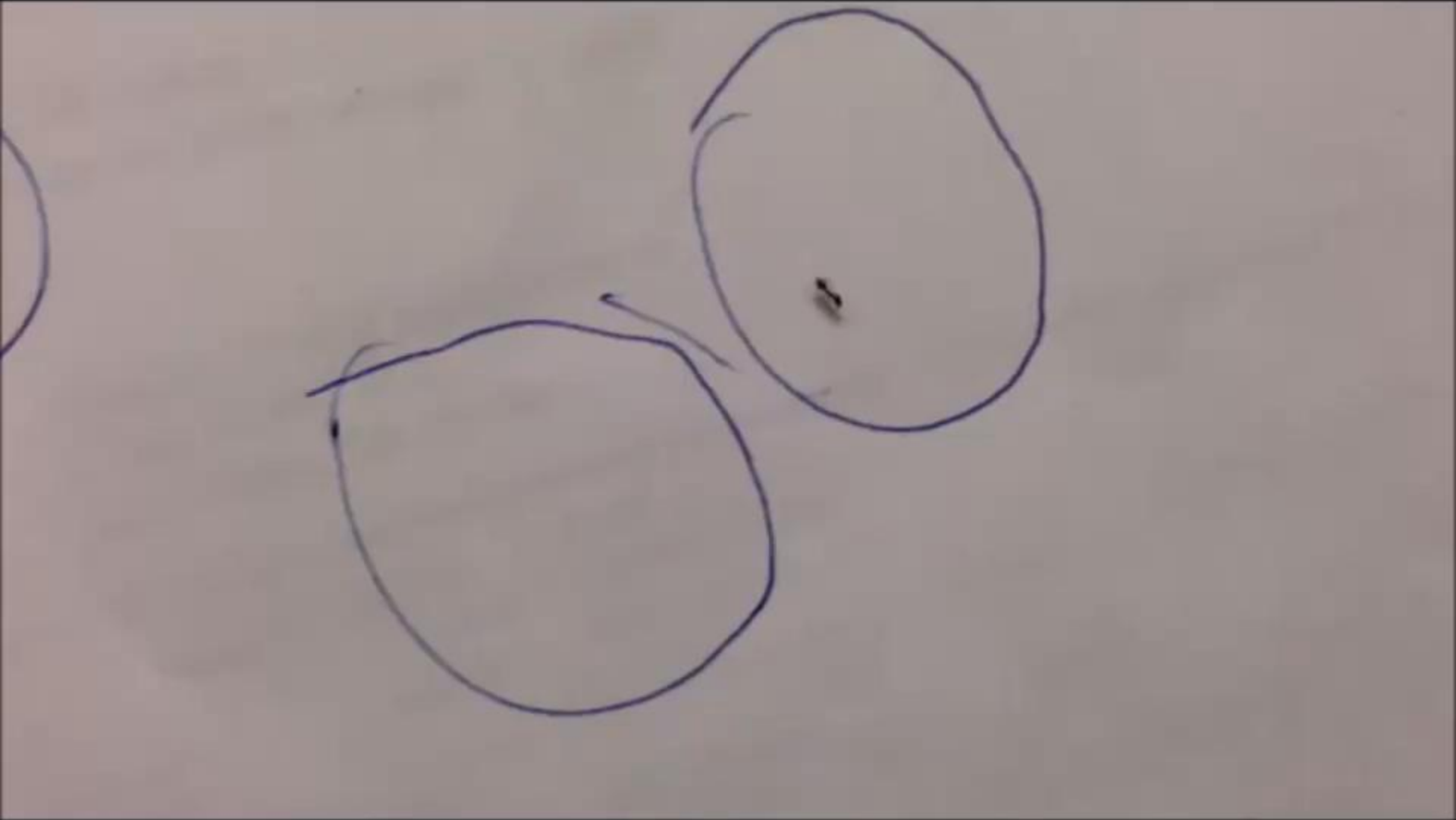
It all started when...

Your **beliefs** become your **thoughts**.  
Your **thoughts** become your **words**.  
Your **words** become your **actions**.  
Your **actions** become your **habits**.  
Your **habits** become your **values**.  
Your **values** become your **destiny**.

PositiveMed







# Who taught you to think?

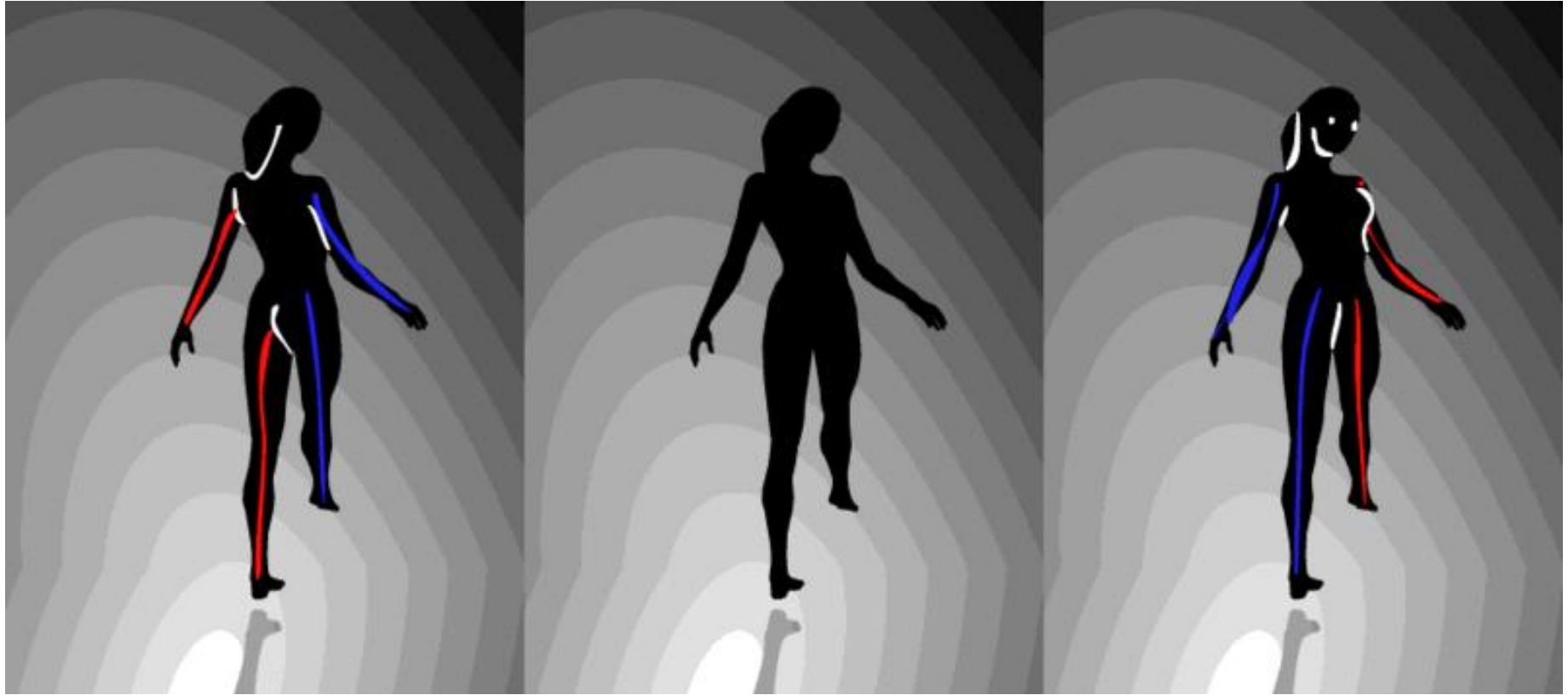




Monkey See  
MONKEY DO



Upgrade  
Your  
Thinking!











**NOT**

Reasons to be cheerful



~~BUSINESS~~  
AS USUAL





I'm afraid you have what's known as "children."



SHOEBLOG.COM





## MONDAY AGAIN?

Seriously though, I can't keep doing this every week.

**STAY STRONG!**



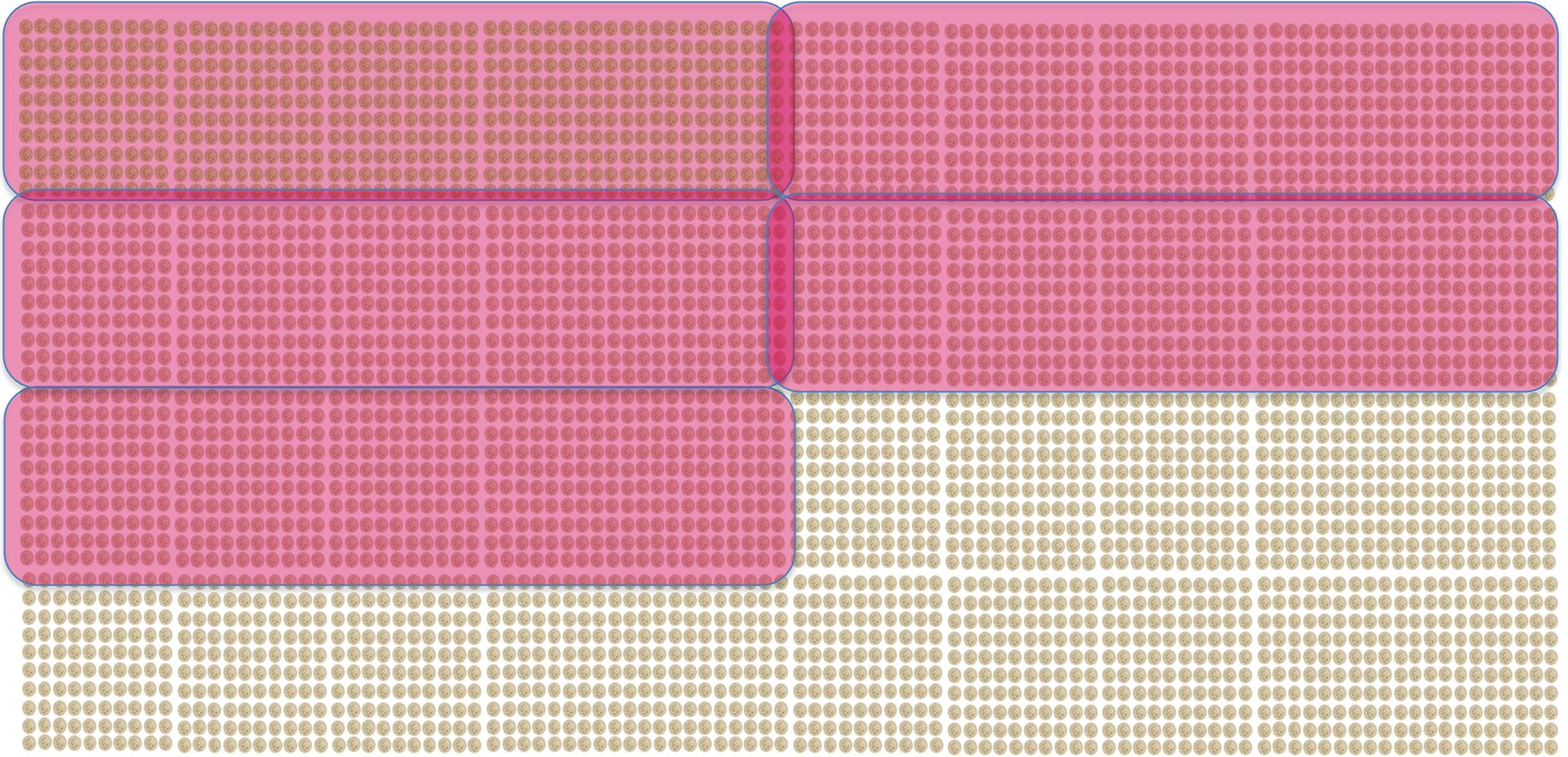
**WEEKEND IS COMING SOON**



T.G.I.

FRIDAY'S

®







14.3%

570

**i love  
mondays**

n. 1. A fresh start. 2. The chance to set a new tone for the rest of the week. 3. A great day to be alive.



T.G.I.

**MONDAY**



To do list...

25 things...

To **BE** list...

Every day is a Special PANTS day



Life's too short. QUIT waiting for happiness

**Who's laughing now?**

**Kids?**

**Adults?**

the *4-minute*  
rule...

# Half empty or half full?

Evidence shows that once you get the negative (loss frame) into your head, it is really hard work to change it to the positive (gain frame).

Give yourself a chance of playing the winning hand by starting with the gain frame.

WRITE every day about the positives – 3 x 3 things

3 things you are grateful for.

3 things you have done for others.

3 things others have done for you.



## IT WILL WORK!



7 seconds

6:1      3:1



Choose to be  
**POSITIVE**





UNDERSTAND  
your impact

# HUGGS

Huge  
Unbelievably  
Great  
Goals



# Take personal RESPONSIBILITY



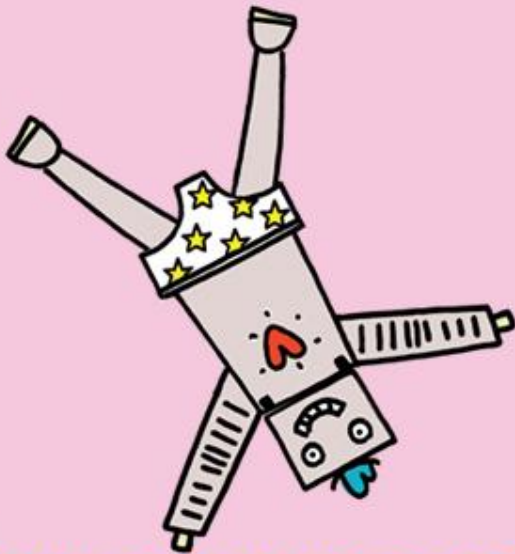
Be your own SUPERHERO





# BOUNCEBACKABILITY

I like to take each day at a time but sometimes several attacks me at once.



# Play to your STENGTHS



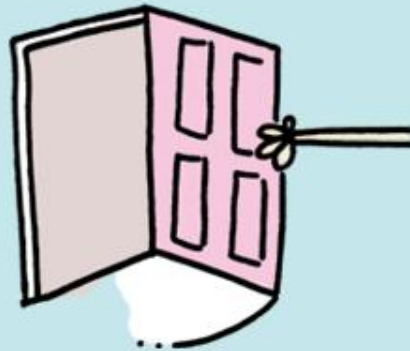
↑....they bloody love it!

# Random Acts of Kindness

pack  
someone's  
shopping



Hold open a door



Wash  
someone's  
car



The BEST mindset in the world!!!

# The 2% MINDSET

2% of the population:



Embracing the unknown

Excitement

liking change

Living without Limits

ABUNDANCE

ACT in spite of fear

Getting the MOST out of Life

98% of the population

Being like everyone else

REGRET

Insecure

Procrastination

FEAR

Play it safe

A DULL life

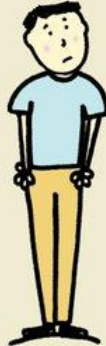
Just getting by

Settling for less

Surviving

So comfy & boring

## YOUR COMFORT ZONE



Going for your dreams

EXPLORING NEW THINGS

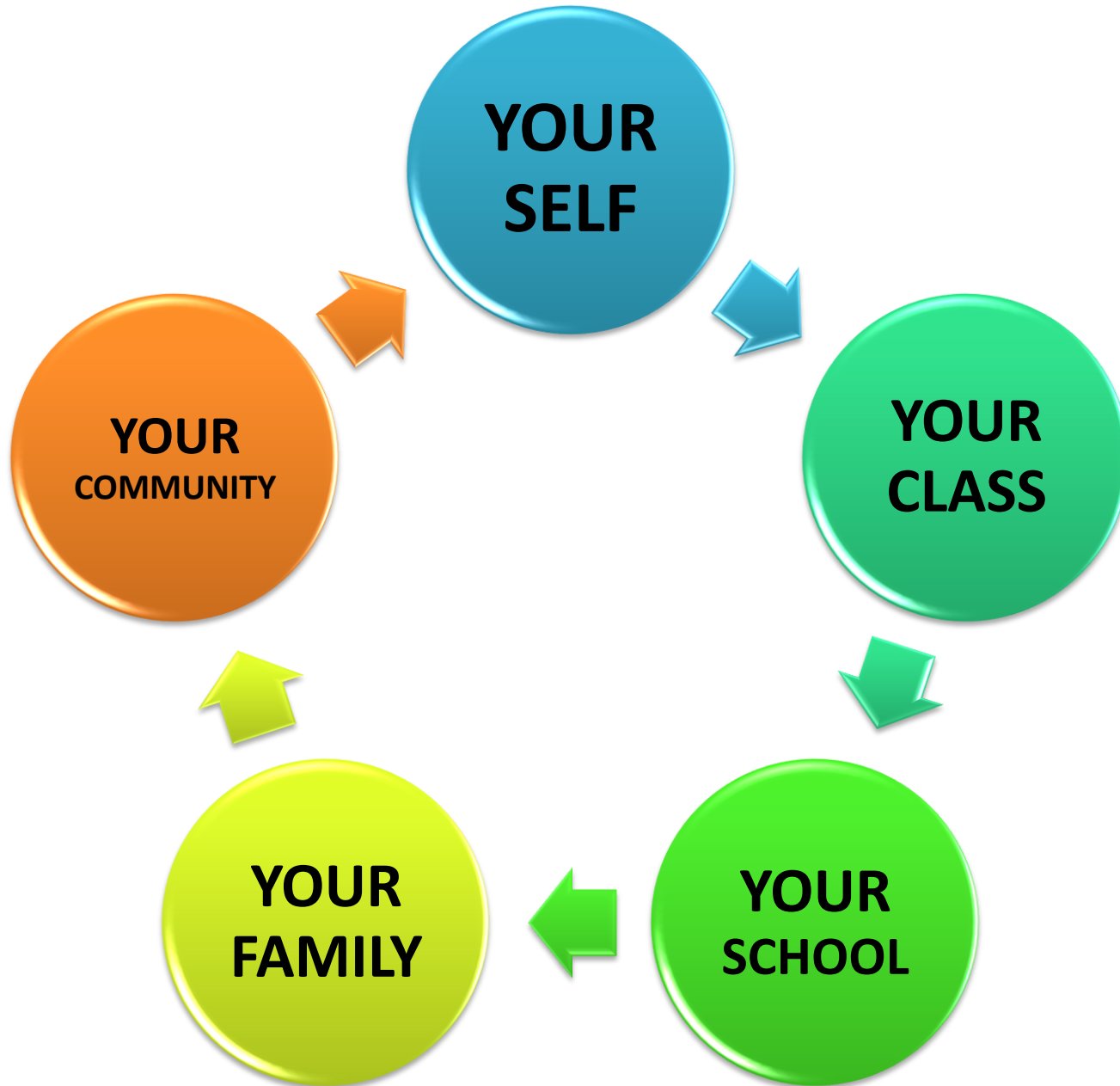
Choosing happiness

Confidence

Fulfillment







Romeo and Juliet  
Jack and Diane  
Fred and Ginger  
Donald and Theresa

**Freddie and Alice**

Why bother?

**STAY**

**POSITIVE**





**upper level (positive)**

**2%**



**'mood hoovers'**

**lower level (negative)**

# Thinking about 'brilliance'

1. What brings you joy/satisfaction at work?
2. What impact do you want to have on your 'customers' and colleagues?
3. What 3 words describe you at your best?

1. What does the 2% version of you look, sound and feel like?
2. What are the benefits of being a 2%er?
3. What are the problems?
4. How often are you the very best version of yourself? (honestly)
5. What stops you?





*The happy train!*



What  
happened  
next?













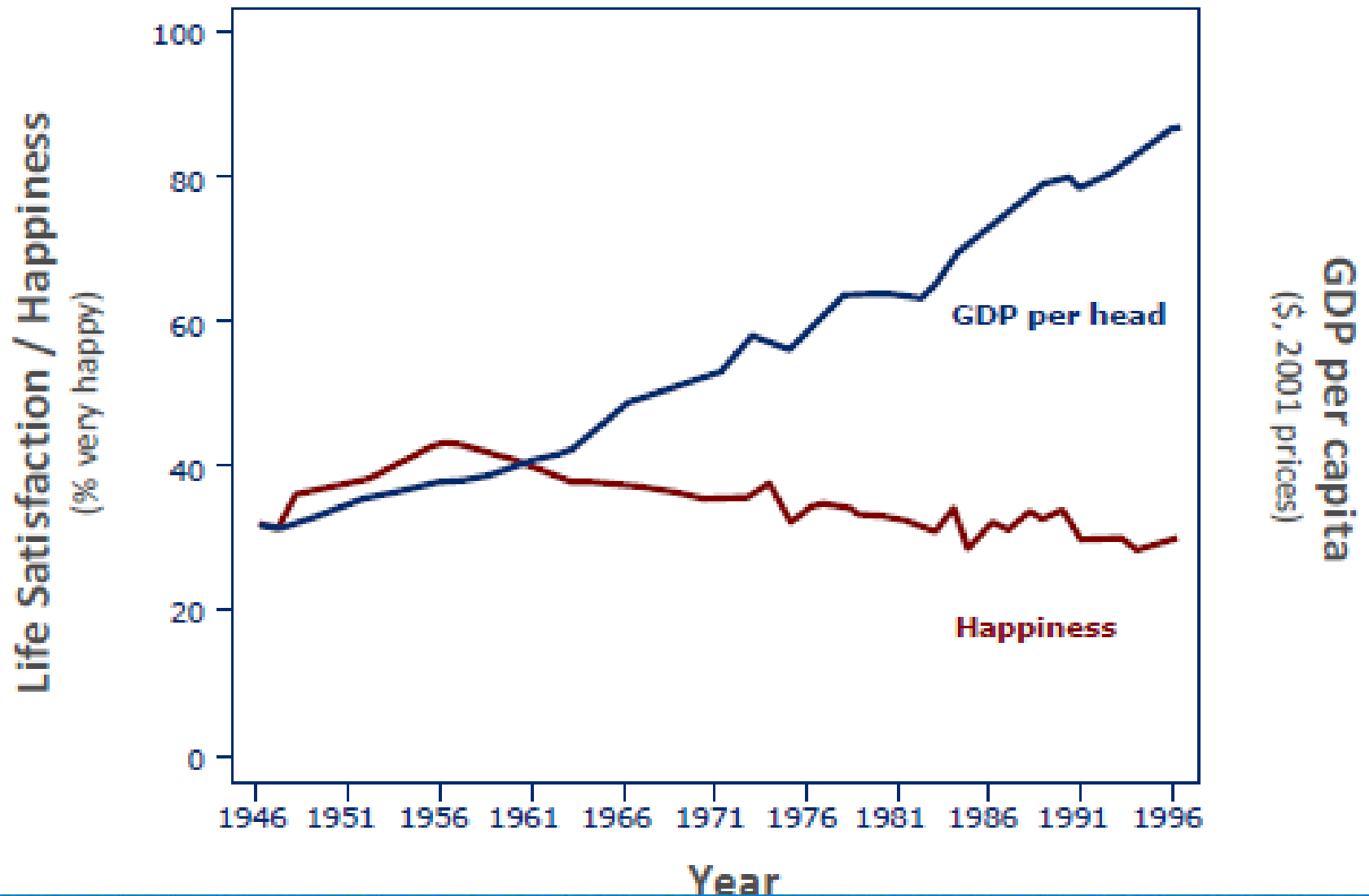


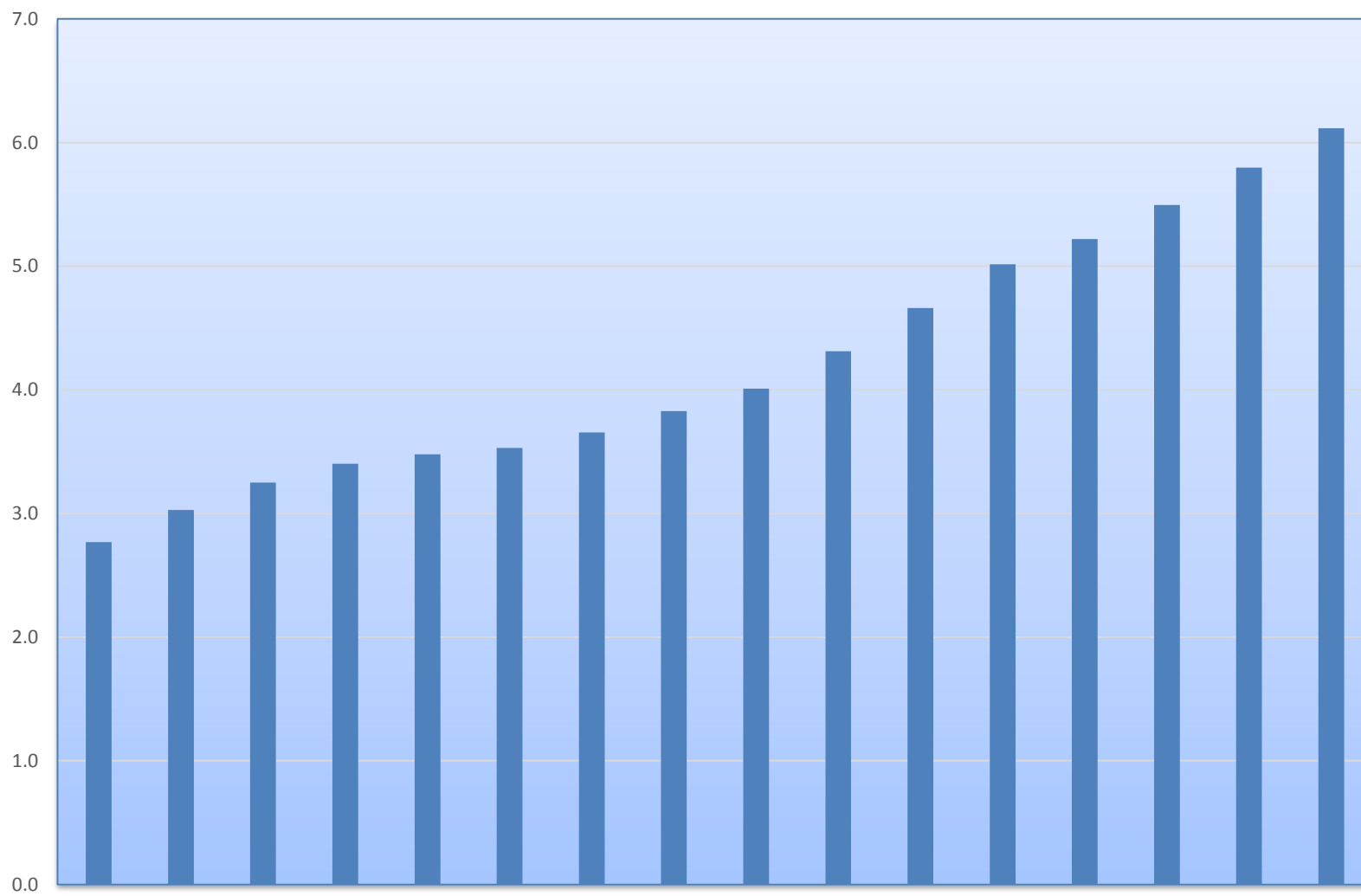
What's the  
message?





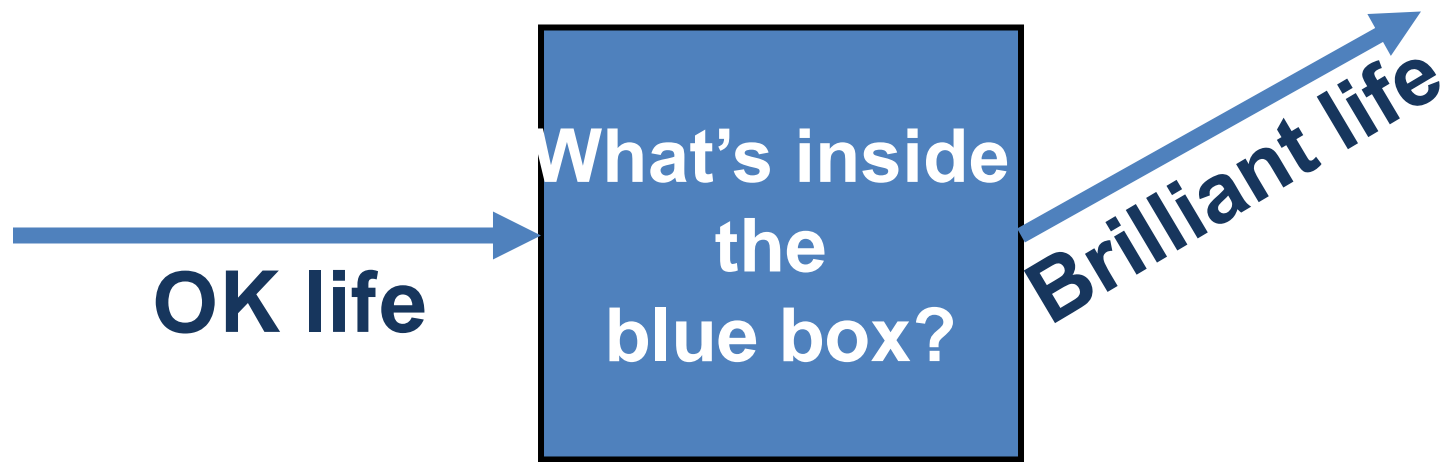
## Changes in Happiness and GDP over time





Can you  
manage  
your  
arousal  
dial?





**29 000 days  
or 4000 weeks**





Could you be **happier**  
- even if **nothing** in the  
world around you  
**changed?**

# The 4 horsemen of negativity

**1. Monotony**

**2. Tiredness**

**3. Complexity**

**4. News**

**(IBS and Ofsted?)**



**HAPPINESS**

# Positive Psychology

- **The science of happiness and well-being**
- **You can learn to live in the upper reaches of your range of emotions**
- **The more you practice the easier it becomes!**

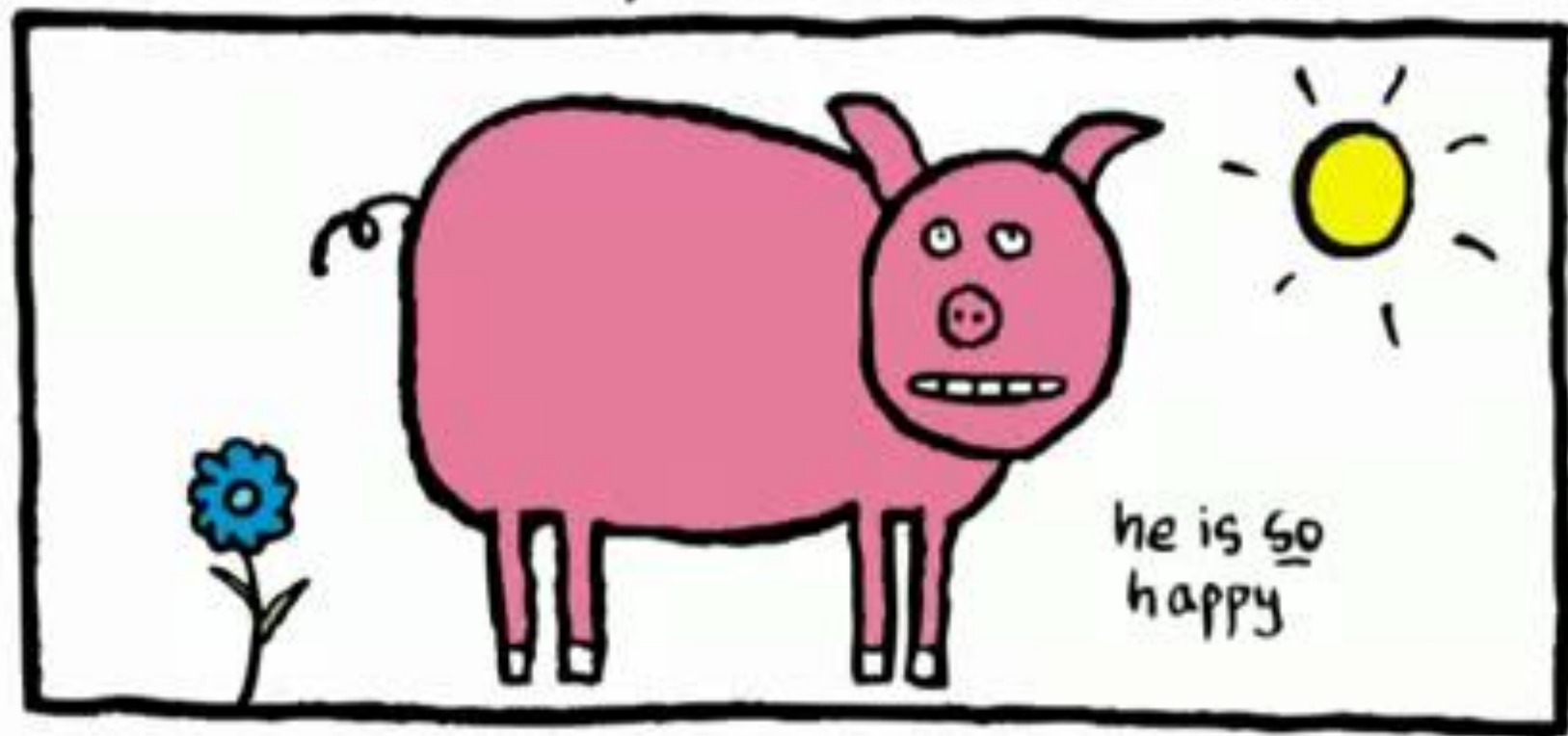




I have a choice!



# THE PIG OF HAPPINESS



Edward Monkton