

ANTHONY **POPONI**

CULTURE · LEADERSHIP · CHANGE

Investing
in Your
Happiness
is Investing
in Your Success

ANTHONY POPONI

CULTURE · LEADERSHIP · CHANGE





1. Negativity, Stress & The Big 3

2. What is Human Happiness

3. Investing in Happiness & Success

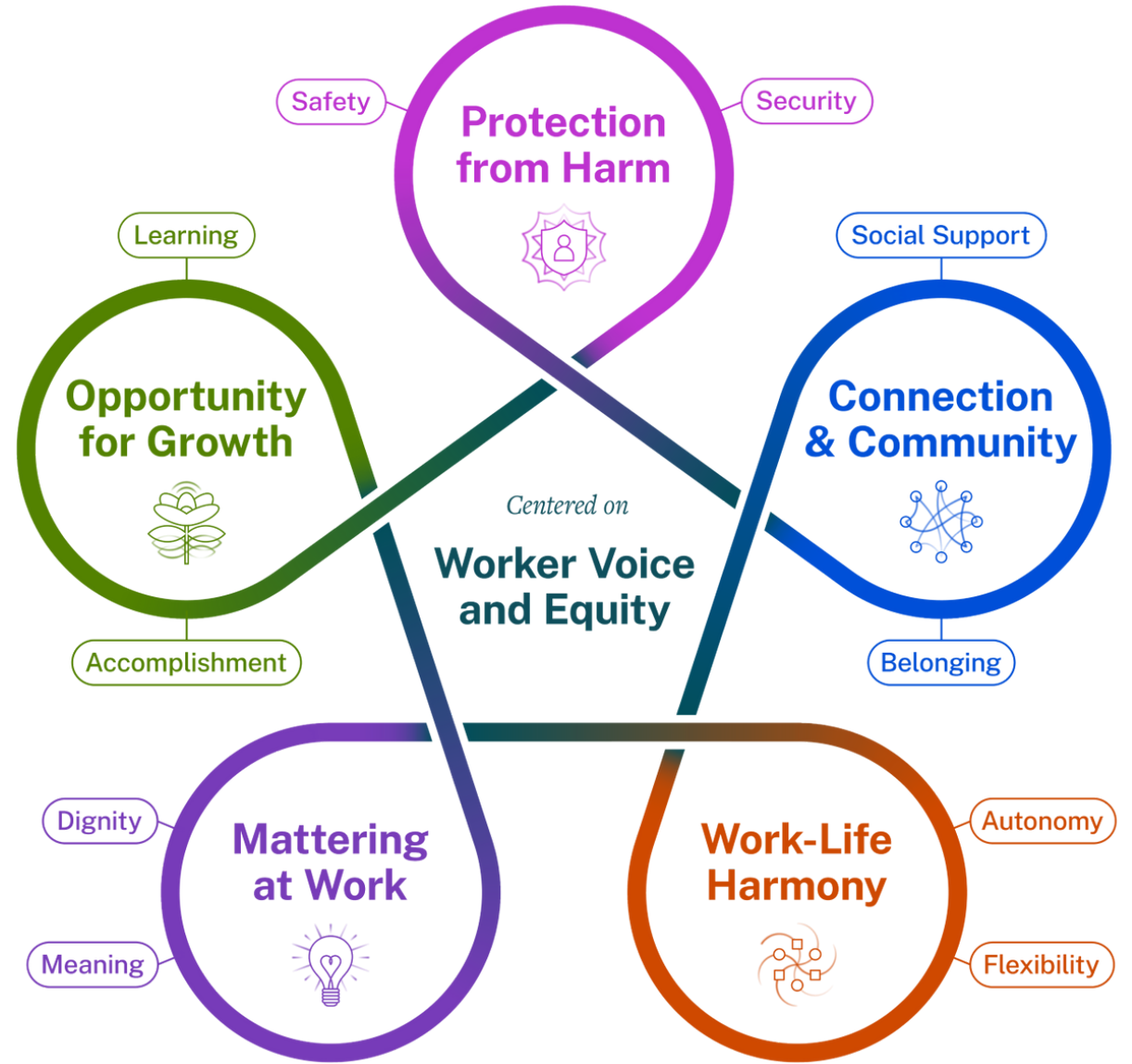
4. How Lying is Critical to Success



MINDSET

OPTIMISM

NETWORKS



Oh!

That's Me.

CHOOSE YOUR OWN ADVENTURE®






TRIVIA TIME!




Rank	Country	
1	Finland	7.804
2	Denmark	7.586
3	Iceland	7.530
4	Israel	7.473
5	Netherlands	7.403










THE




ATLAS



OF



HAPPINESS



THE GLOBAL SECRETS
OF HOW TO
BE HAPPY



Helen Russell

Arbejdsglæde

(ahh-bites-gle-the“)

37



MINDSET

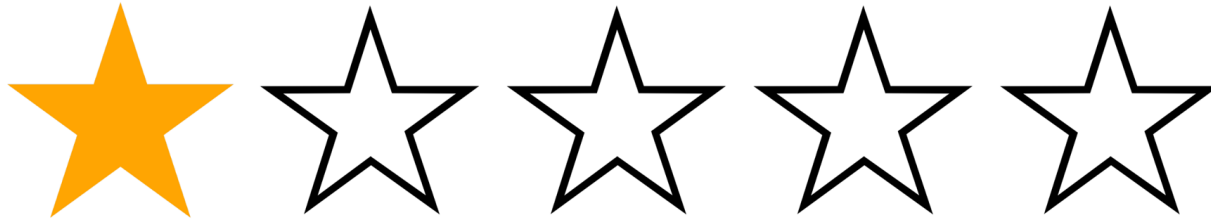
OPTIMISM

NETWORKS

NEGATIVITY

BIAS

2020



Very bad, would not recommend.



2021



very bad, would not recommend.



**WE ARE
HIRING**

JOB OPENINGS

JOIN US

HELP WANTED

VACANCY

WELCOME

JOB

NOW HIRING

APPLY TODAY

WANTED







**I RUN ON
COFFEE,
CHAOS, &
CUSS WORDS**

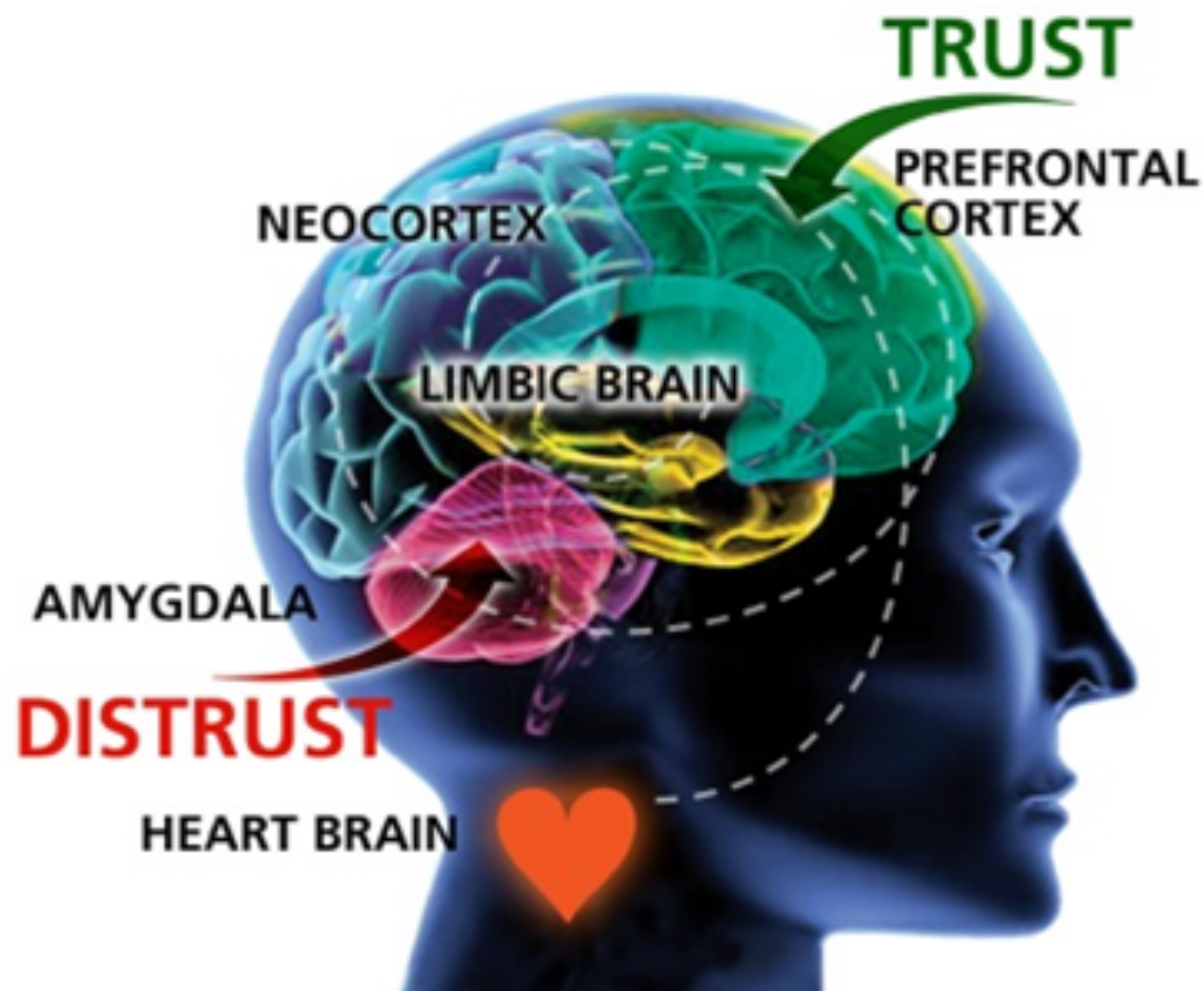


31%



Microsoft®
Windows98

DISTRUST & TRUST

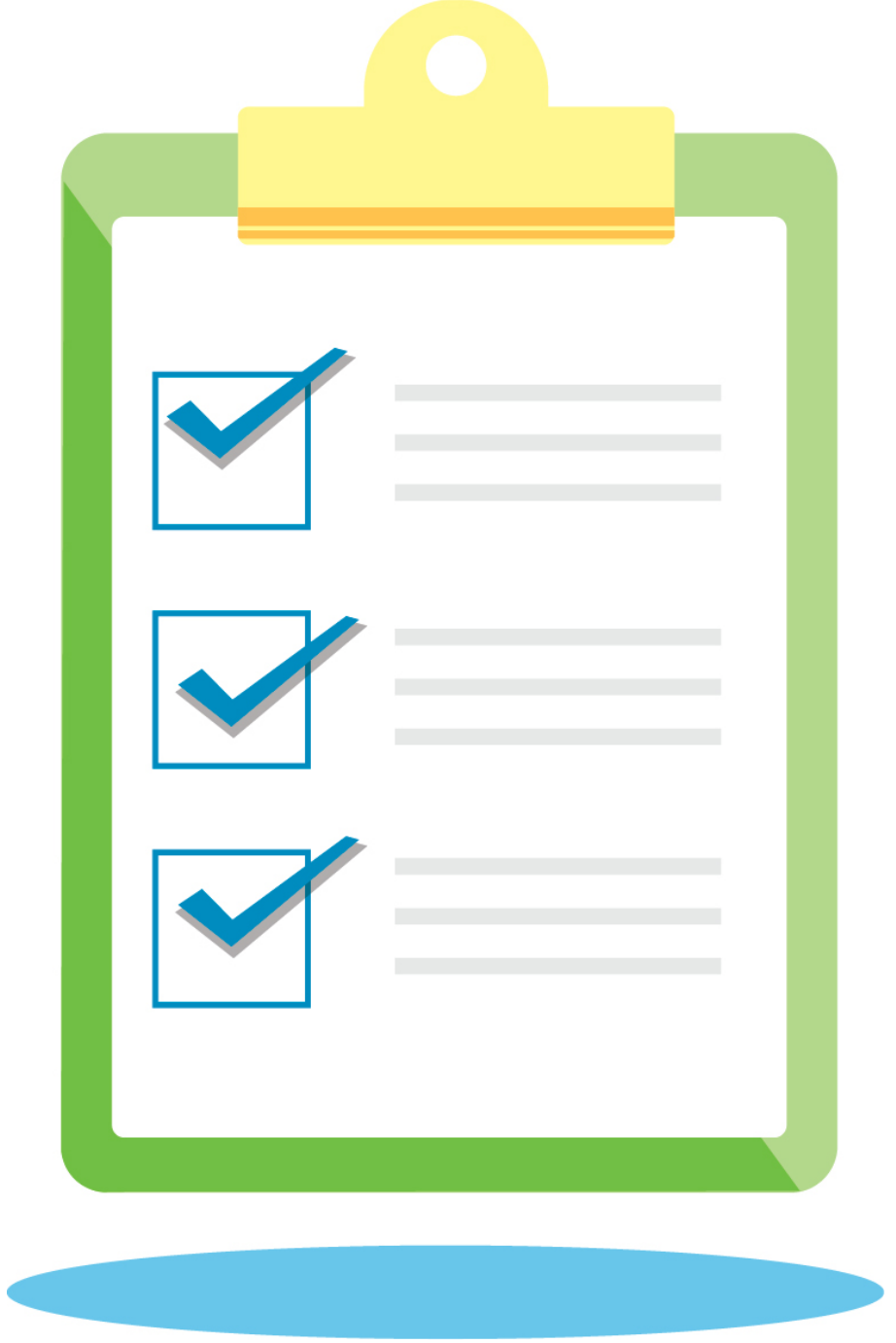




THE

BIG

3



Rumination

Catastrophizing

Social Comparison

Oh!

That's Me.

CHOOSE YOUR OWN ADVENTURE®



TOOLS TO SURVIVE TODAY AND THRIVE TOMORROW!

GET HAPPY NOW!®

A
FOCUS
ON THE
40
E-BOOK



A FAST-PACED AND FUNNY ACTION GUIDE FOR
A STRESSED-FILLED WORLD



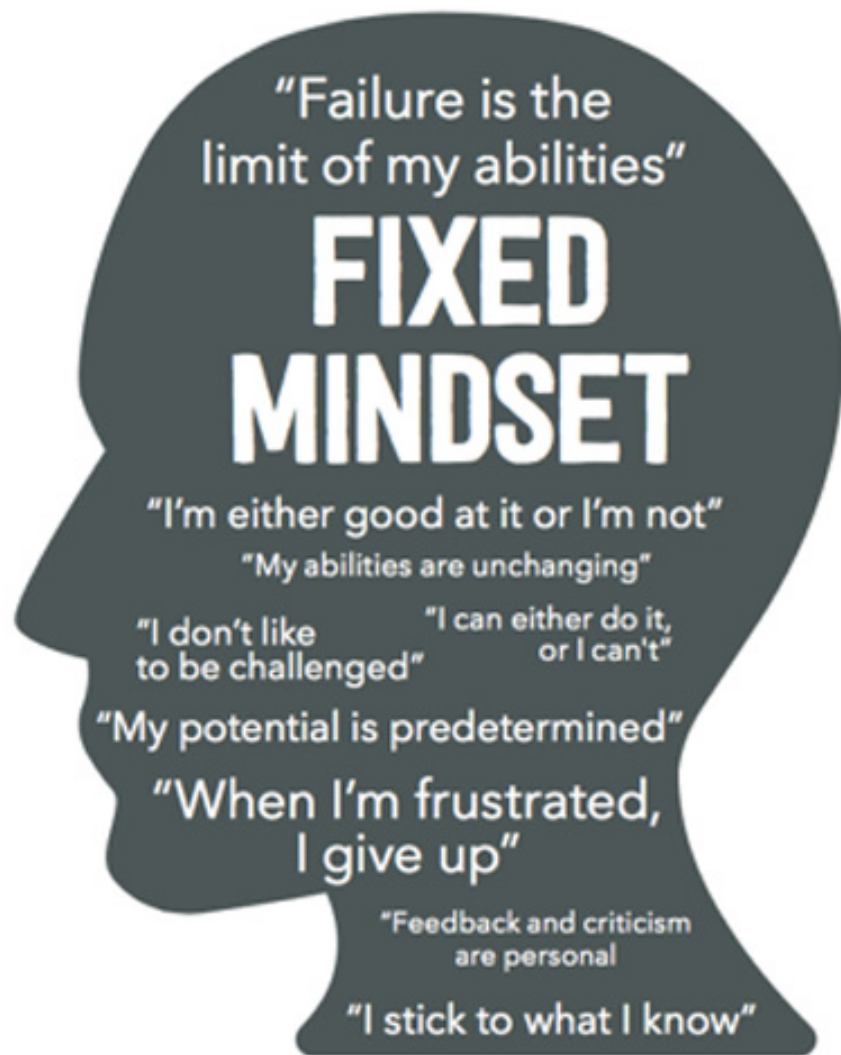
MINDSET

OPTIMISM

NETWORKS

MINDSET

FIXED MINDSET



GROWTH MINDSET

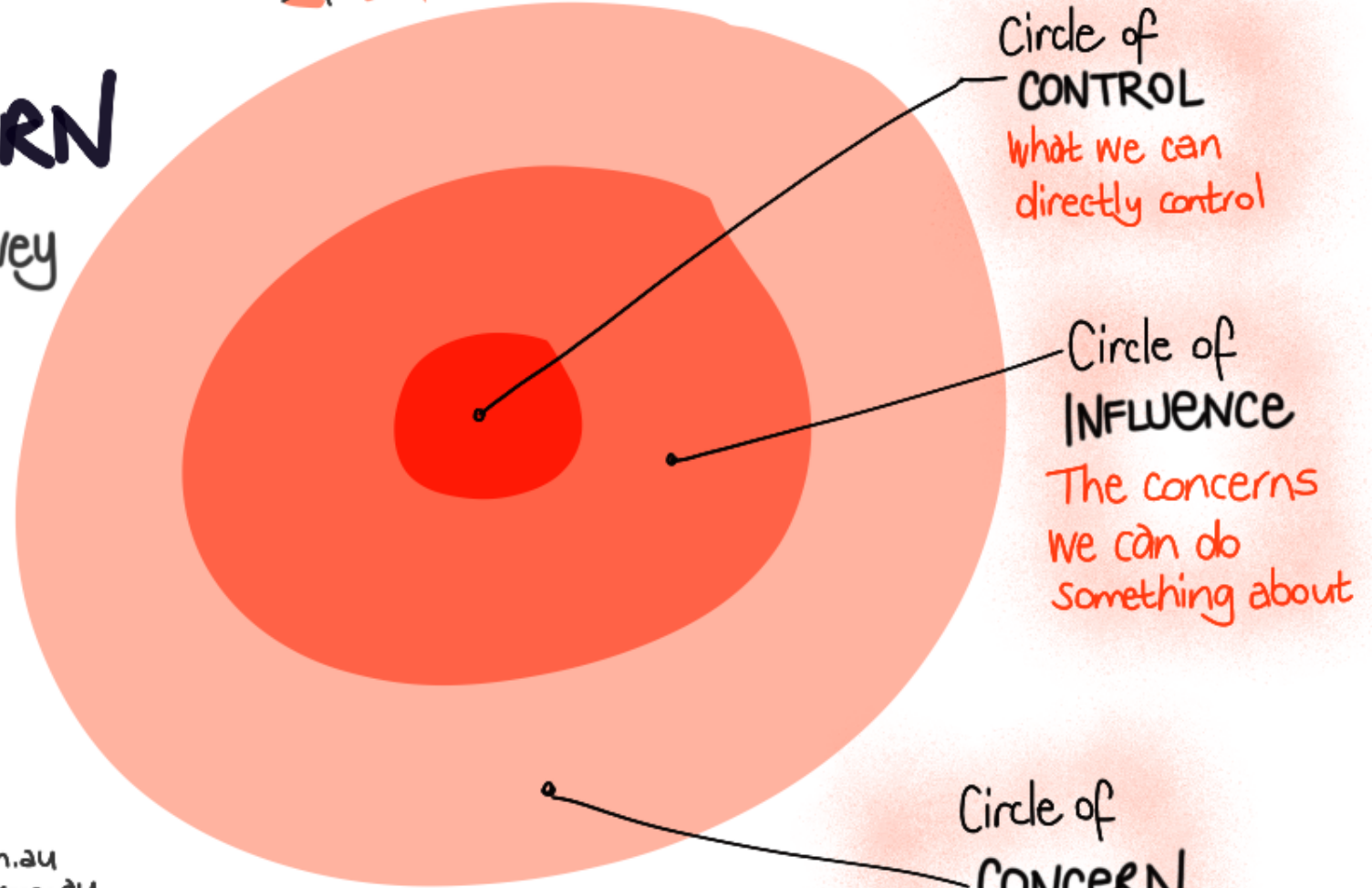


CIRCLE of CONCERN

by Stephen Covey



We need to focus our energies on what we can control + influence!



Circle of CONTROL
What we can directly control

Circle of INFLUENCE
The concerns we can do something about

Circle of CONCERN

Wide range of concerns

© discoveryinaction.com.au
eyesandassociates.com.au

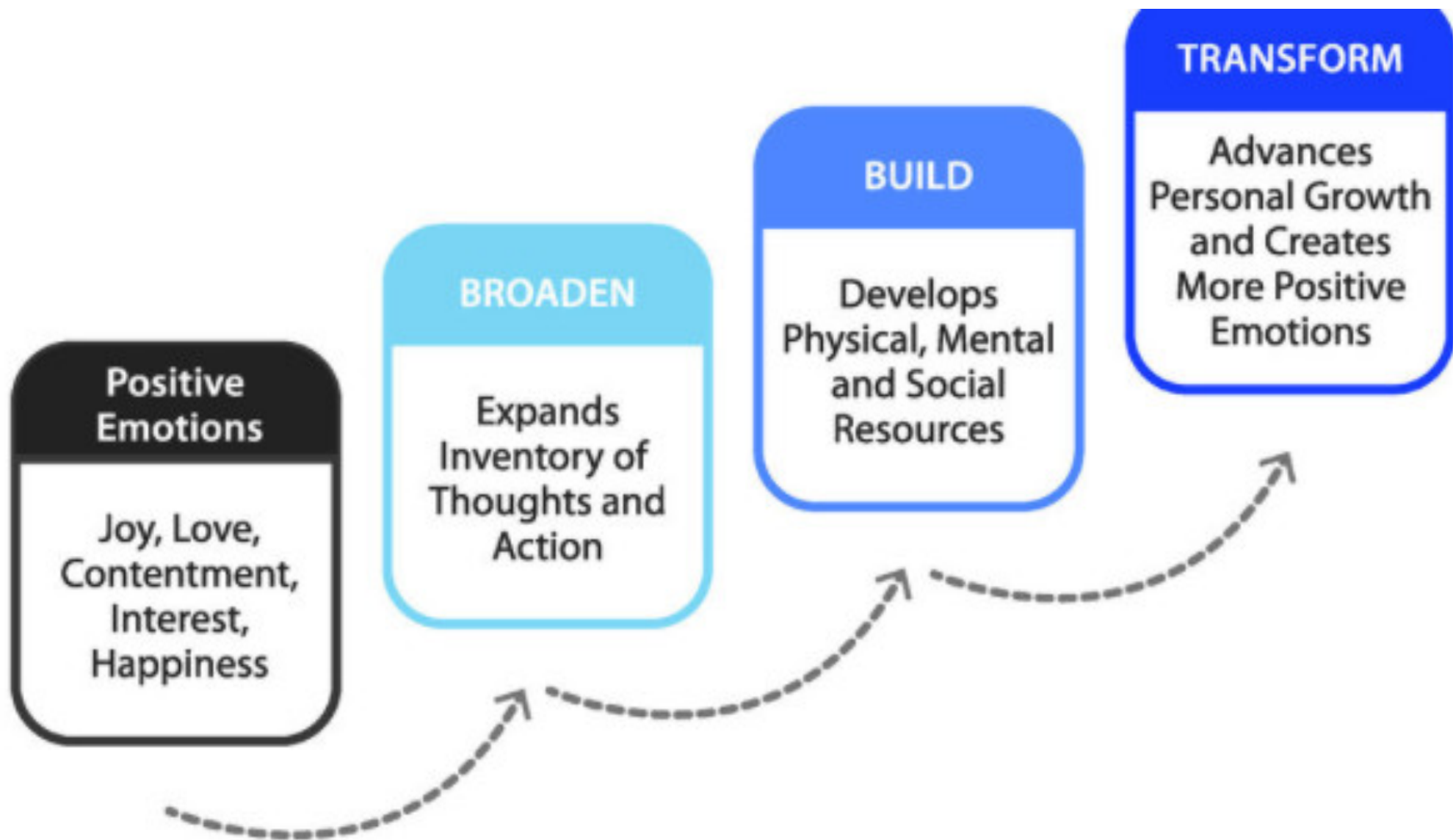
DRAWING



~~What we cannot control or influence we need to LET GO of!~~

PROACTIVE

REACTIVE







Cynical

Exhausted

Ineffective



HELP!!

CHOOSE YOUR OWN ADVENTURE®



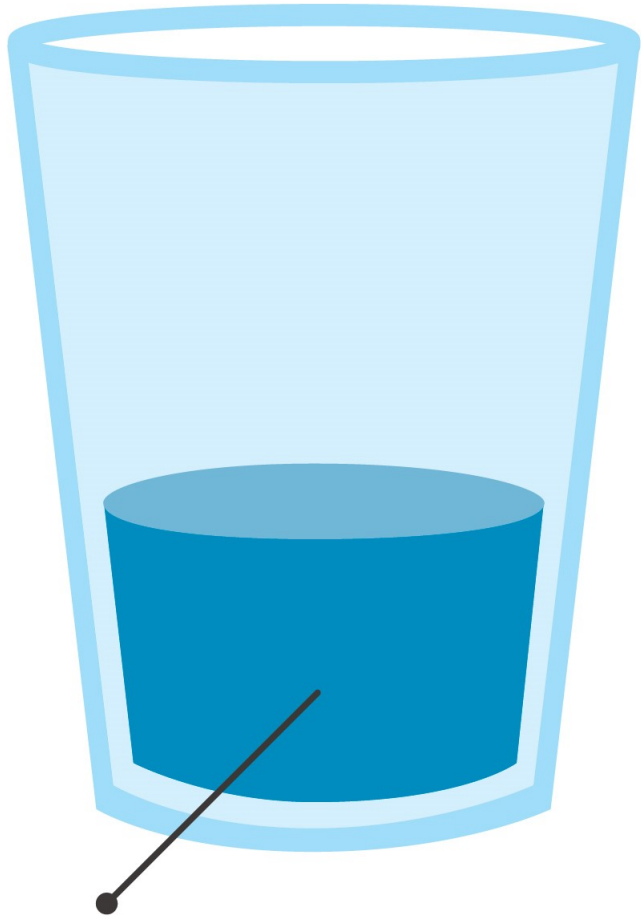




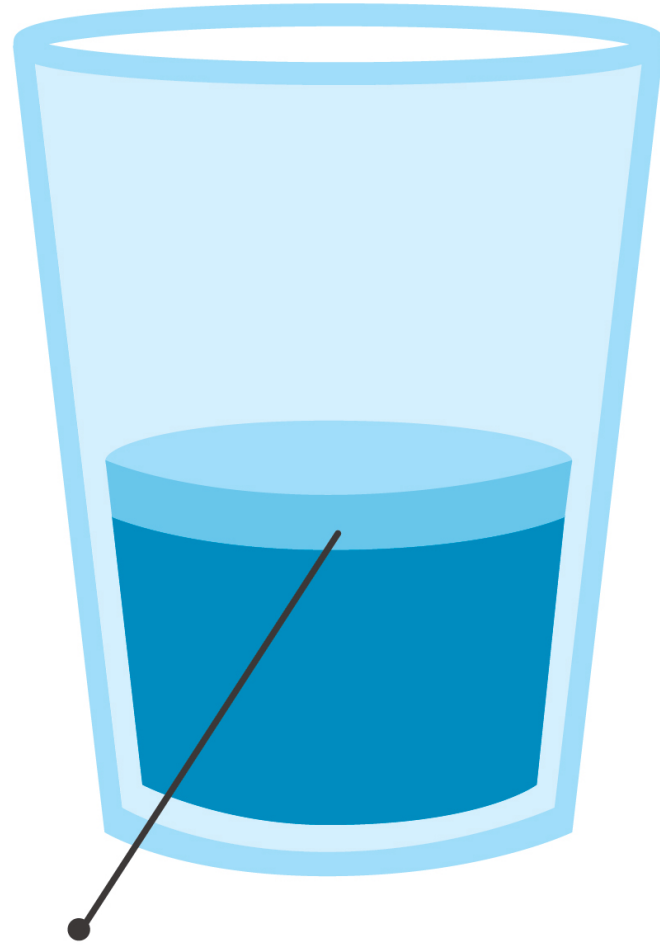
VOLUME



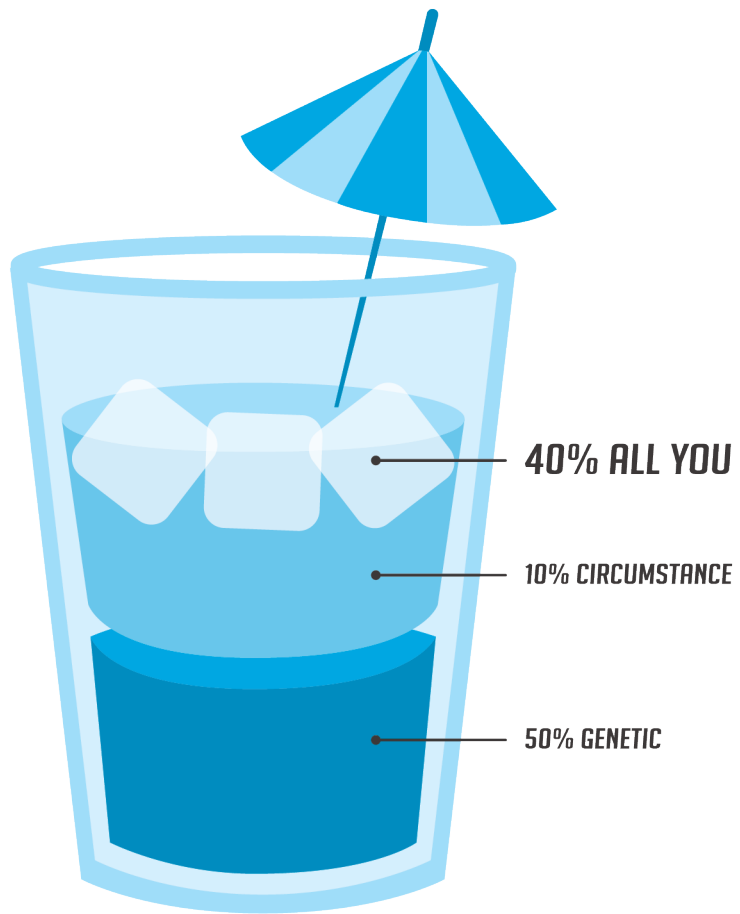
TRIVIA TIME!



50% GENETIC

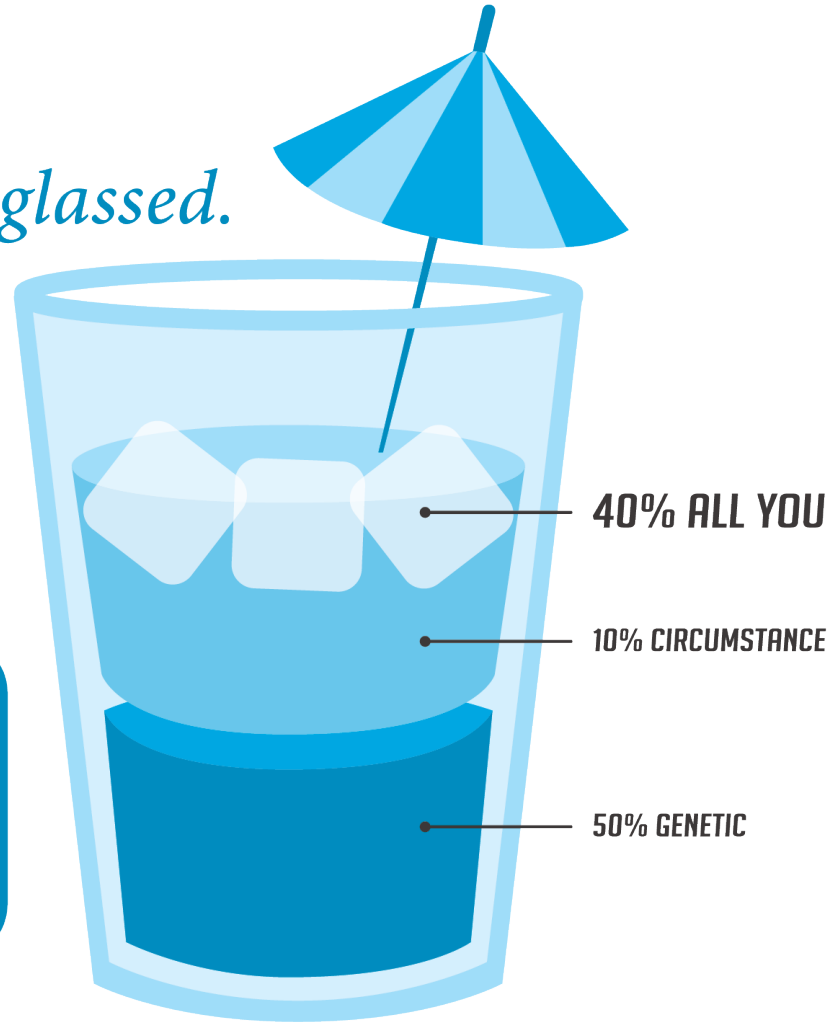


10% CIRCUMSTANCE



Stop living your life half-glassed.

FOCUS ON THE 40





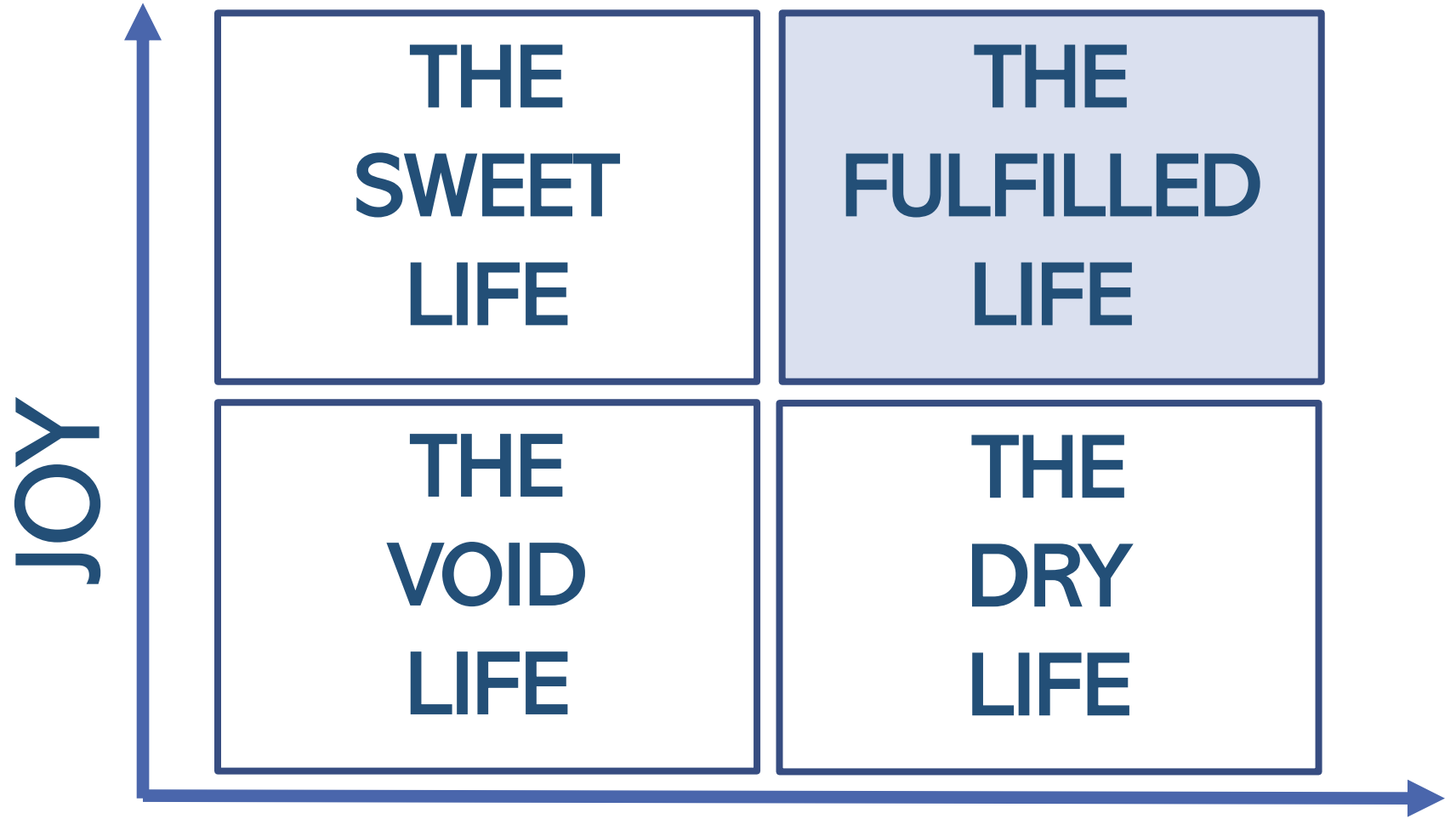
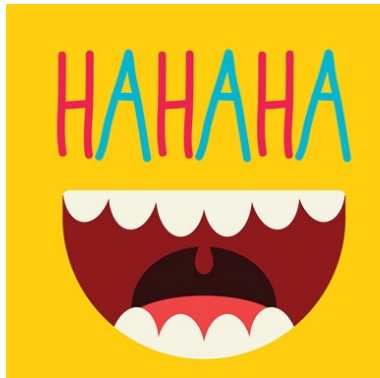


FULFILLMENT

LIVING WITH PURPOSE

MEANING | VALUES | BELONGING

SERVICE | OTHER-FOCUSED



PURPOSE





FEELINGS

EXPANDING POSITIVE EMOTIONS

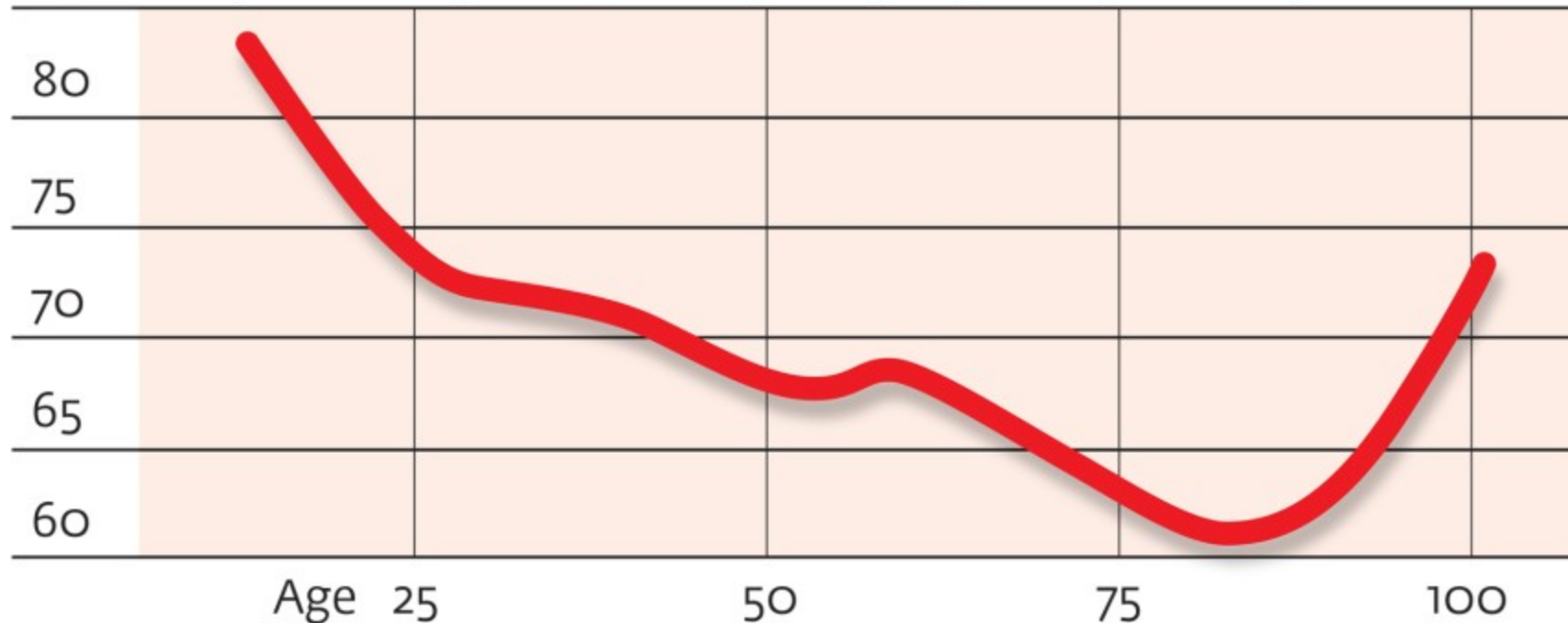
HAPPINESS | OPTIMISM | ELATION

CONTENTMENT | PLEASURE

THE HUMOR CLIFF

Studies show that people laugh freely and openly when young, but less so as they age, starting around 23. The laughter tends to return, however, in the twilight year — perhaps as we work less and spend more time with loved ones.

85% People who reported smiling/laughing a lot yesterday



Gallup data 2013 n = 1.4 million; according to the authors of "Humor, Seriously"



FOCUS

ENGAGED IN LIFE

STRATEGIC DISCOMFORT | CHALLENGE STRESS

ENGAGEMENT | GOING DEEP

FLOW

4%







FORWARD

GROWTH AND MASTERY

SELF-GROWTH | AWARENESS | SUCCESS

ACHIEVEMENT | UNIQUE CONTRIBUTION

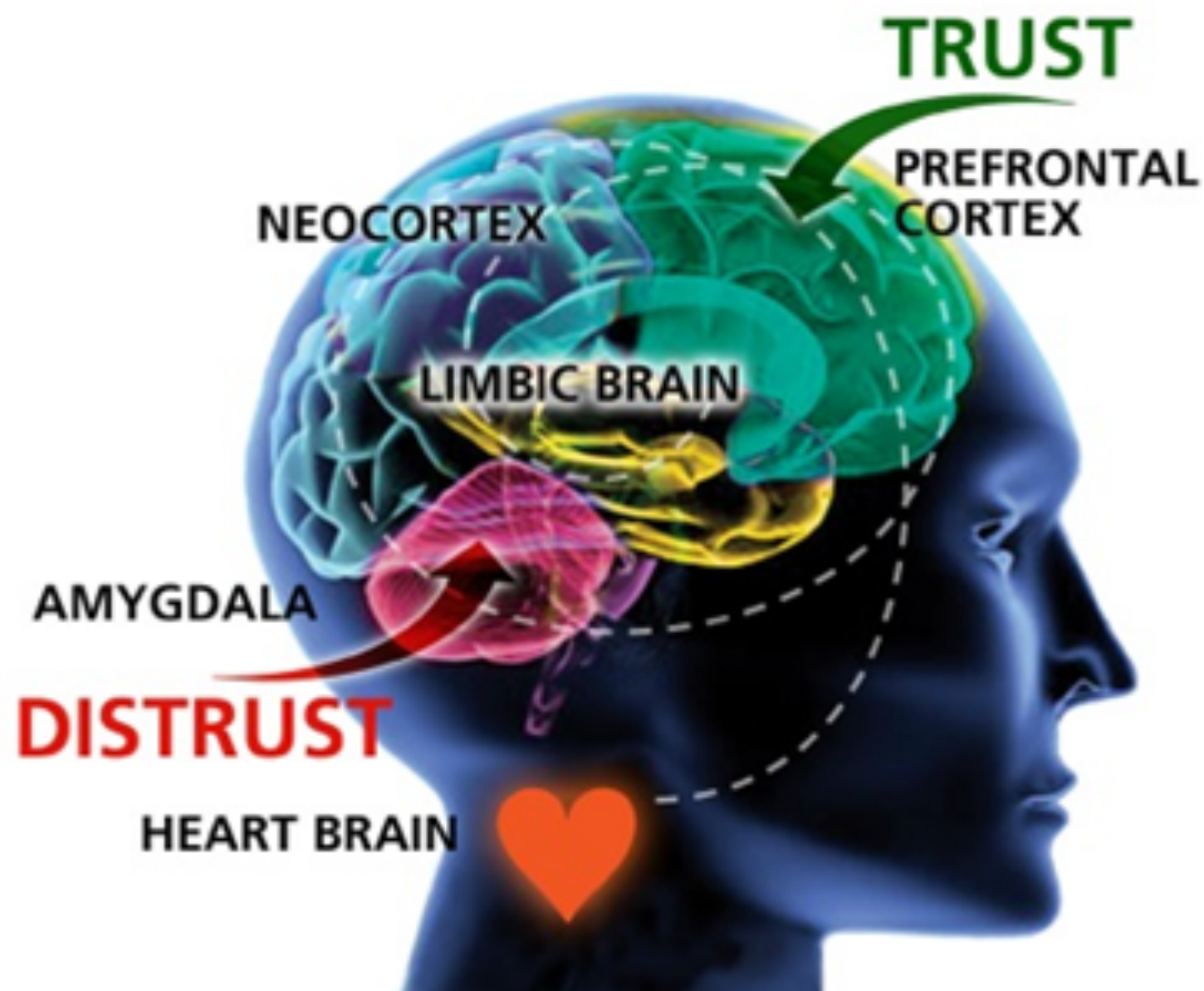


GRIT
RESILIENCE
VULNERABILITY
DISCOMFORT
TRYING
FAILING

HIGH TRUST CULTURE

- ✓ Recognize excellence
- ✓ Challenge stress & vulnerability
- ✓ Give discretion & job crafting
- ✓ Whole person growth
- ✓ Encourage relationship building
- ✓ Share information broadly

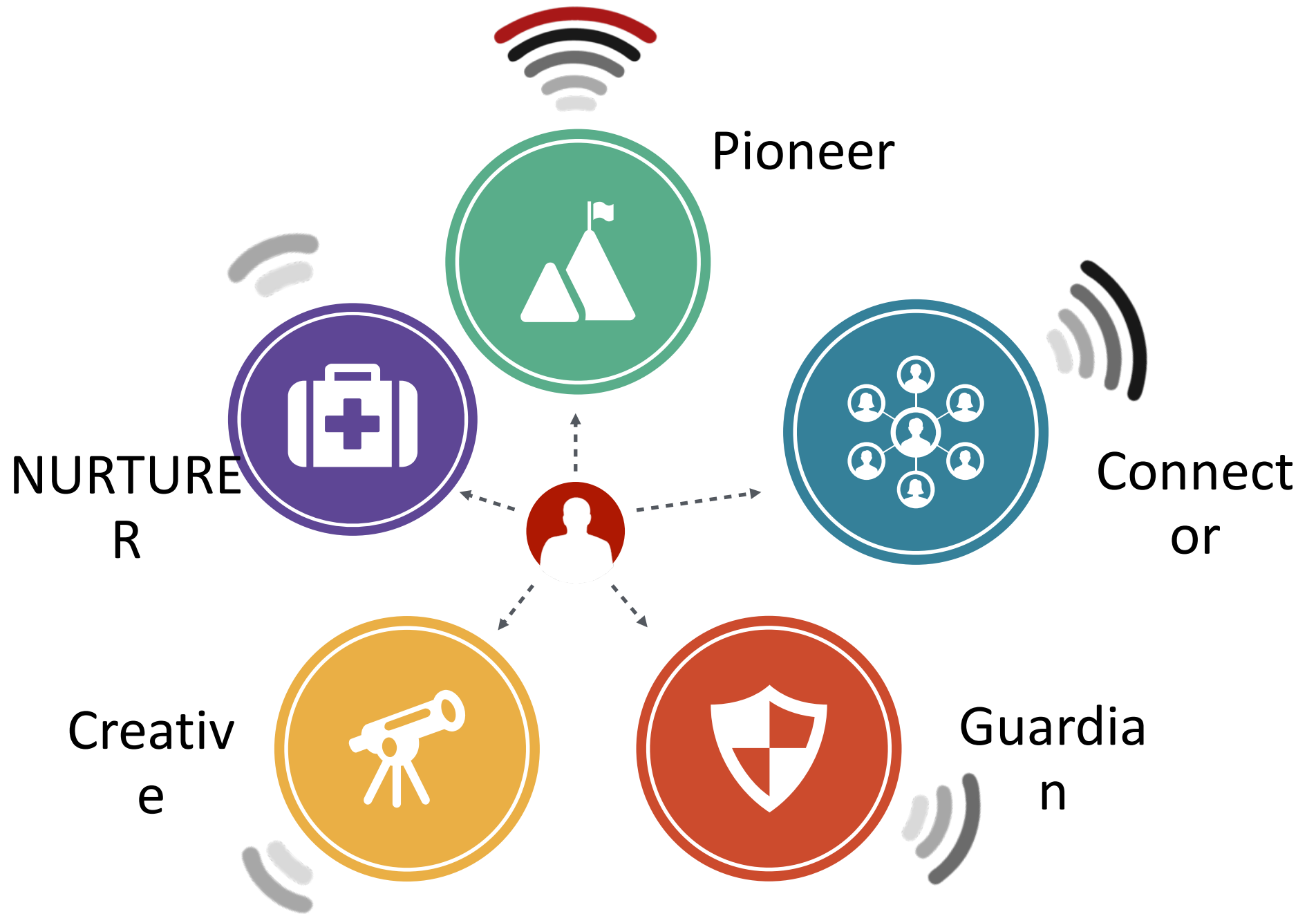
DISTRUST & TRUST



Work From
Strengths!

Oh!

That's Me.



**STRENGTHS
FINDER**

**STRENGTHS
FINDER**



INSTITUTE ON
CHARACTER

Your Top Strengths



1

Humor

TRANSCENDENCE

Liking to laugh and tease; bringing smiles to other people; seeing the light side; making (not necessarily telling) jokes.



2

Social Intelligence

HUMANITY

Being aware of the motives/feelings of others and oneself; knowing what to do to fit into different social situations; knowing what makes other people tick.



3

Gratitude

TRANSCENDENCE

Being aware of and thankful for the good things that happen; taking time to express thanks.



4

Hope

TRANSCENDENCE

Expecting the best in the future and working to achieve it; believing that a good future is something that can be brought about.



5

Kindness

HUMANITY

Doing favors and good deeds for others; helping them; taking care of them.



MINDSET

OPTIMISM

NETWORKS

CHOOSE YOUR OWN ADVENTURE®





FRIENDS

POSITIVE RELATIONSHIPS

AUTHENTIC | CONNECTION | SUPPORTIVE

VULNERABLE | ALIGNED



MINDSET

OPTIMISM

NETWORKS



Project
Management
Institute®
Silicon Valley, CA



TANGIBLE

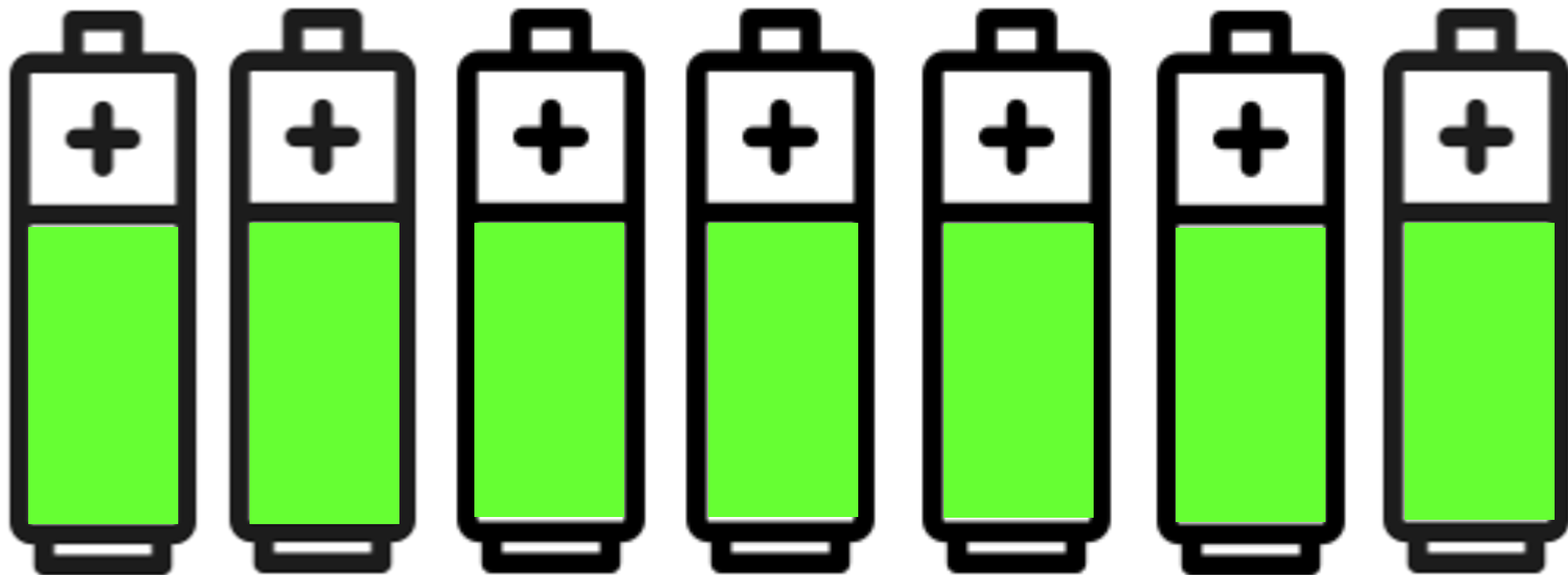
EMOTIONAL

INFORMATIONAL





The  Godfather











SUCCESS SCALE

<http://www.surveygizmo.com/s3/2210738/The-Success-Scale-Broadcasting-Happiness>

SABOTEUR ASSESSMENT

<https://www.positiveintelligence.com/saboteurs/>

CHARACTER STRENGTHS ASSESSMENT

<https://YourLifein5Parts.pro.viasurvey.org/>

OPTIMISM SURVEY

<https://www.authentic happiness.sas.upenn.edu/testcenter>

HIGH TRUST CULTURES ASSESSMENT

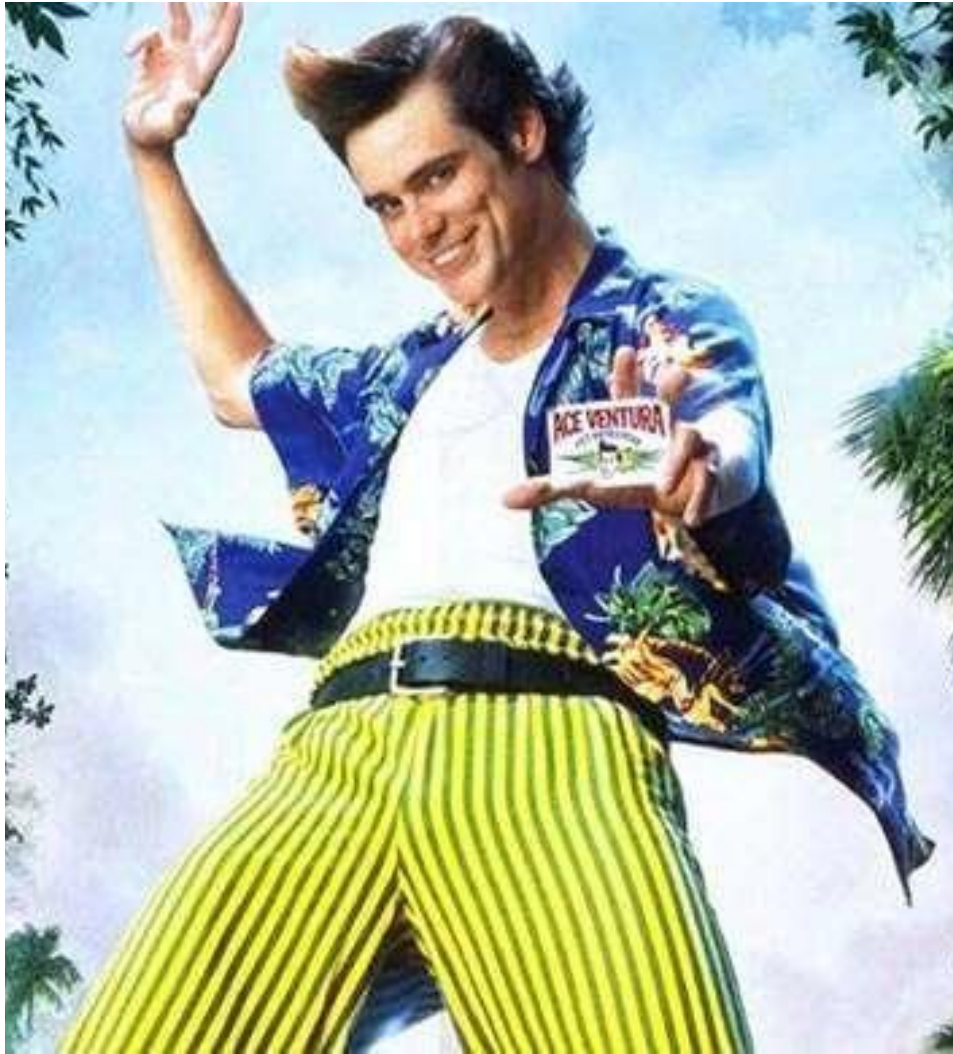
<https://survey.zohopublic.com/zs/7hB3HI>

GET HAPPY NOW ACTIVITY GUIDE

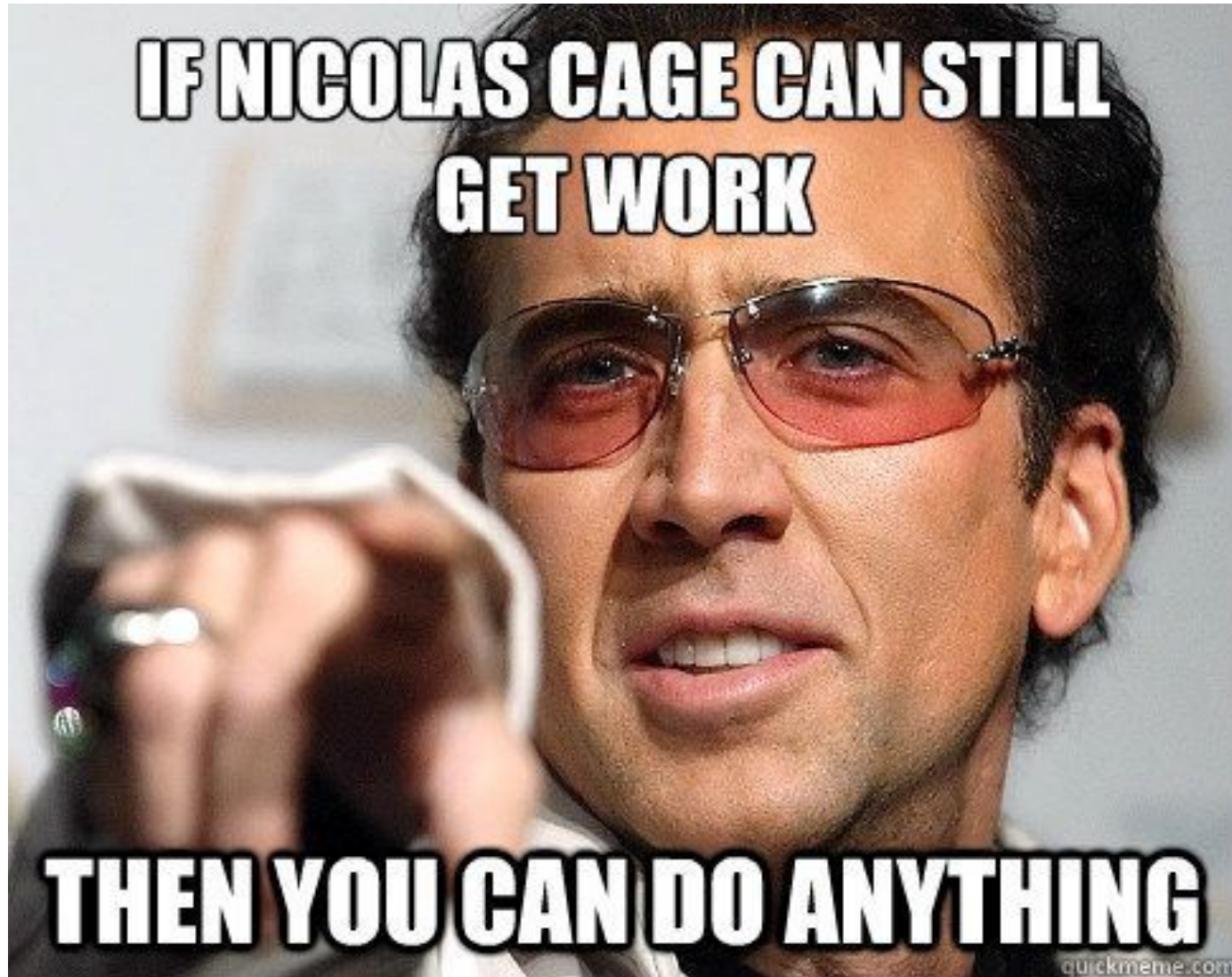
<https://anthonyponi.com/wp-content/uploads/2022/05/GetHappyNow-Resilience-and-Optimism-Action-Guide-1.pdf>

CHOOSE YOUR OWN ADVENTURE®

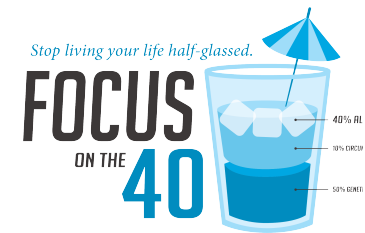




“That’s just
fear
disguised
as
practicality.”



ONE
BIG
THING!





Give feedback to Anthony

1. Scan this QR code



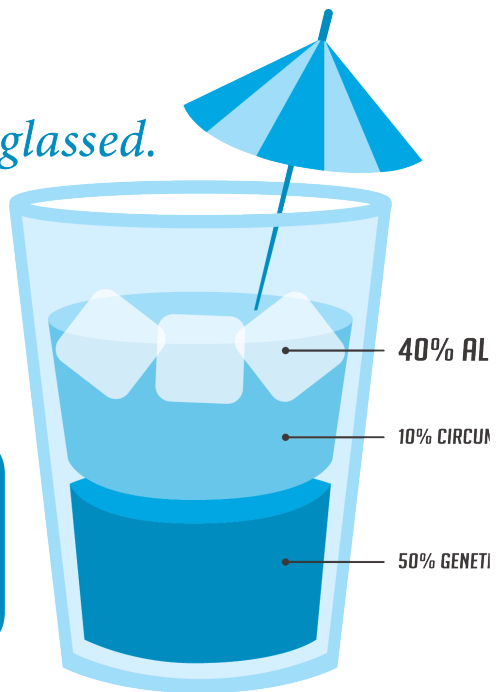
or go to talk.ac/anthonypopponi

2. Enter this code on the screen



Stop living your life half-glassed.

FOCUS ON THE 40







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