

# Personlig Effektivitet bygger på Arbetsglædje

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Why are we so good at thinking of what to do, but so terrible at actually doing those things?













Feeling  
good  
about it



# Positive psychology



Positive emotions



How much...?

The Losada ratio:

3-to-1



# Positive beginnings



# Optimism





# Benefits

Increase in sales

Increased creativity

A longer life

Greater innovation

# What Went Well?





# Character strengths



Robert Biswas-Diener



# Incubator



**WARNING:**

- DO NOT LEAVE INFANT UNATTENDED
- DO NOT RAISE HOOD WHEN MATTRESS IS ELEVATED

TO PREVENT INFANT FALL WHEN ACCESS PANEL IS OPEN:

- DO NOT FORCE TRAY WHEN PULLING OUT. TRAY DISLODGEEMENT CAN OCCUR.

# Celebration and rewards

Researchers find that perceived self-interest, the rewards one believes are at stake (...) accounts for about 75 percent of personal motivation toward accomplishment.  
- Dickinson







# Take action

- Decide on 1 to 3 things you will do after today
- Small steps!

# THANKS!

[happeways.com/workhack](http://happeways.com/workhack)

- Presentation
- List of tools
- 30-page e-book





All things end





# THANKS !

