Personlig Effektivitet oygger på Arbetsgladie

Jon Kjær Nielsen

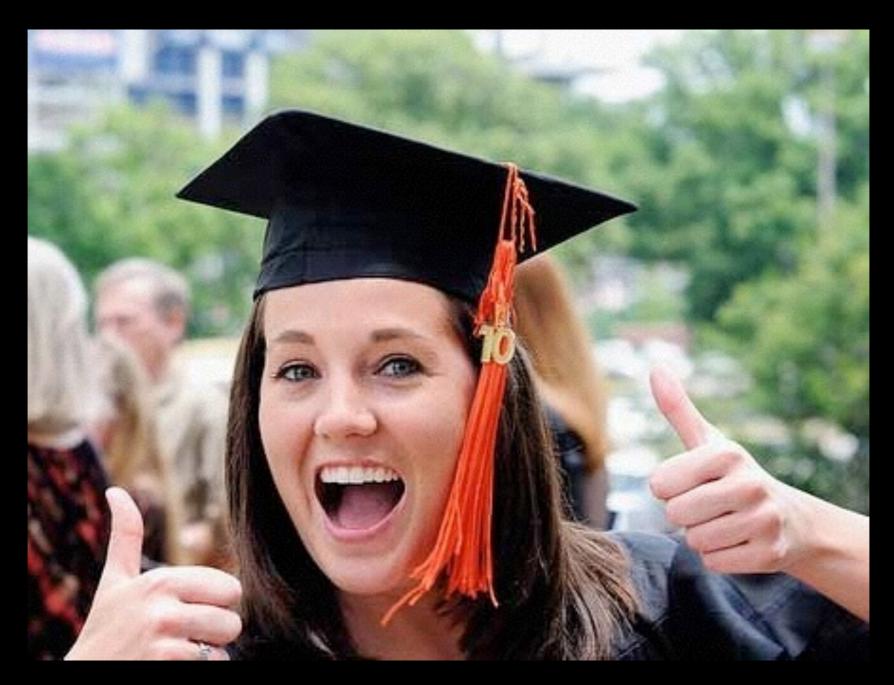
Why are we so good at thinking of what to do, but so terrible at actually doing those things?





Feeling good about it

Positive psychology



Positive emotions

How much..?

The Losada ratio:

Positive beginings



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

A

TO PREVENT INFANT FALL WHEN ACCESS PANEL IS OPEN

* DO NOT FORCE TRAY WHEN PULLING OUT. TRAY DISLODGEMENT 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

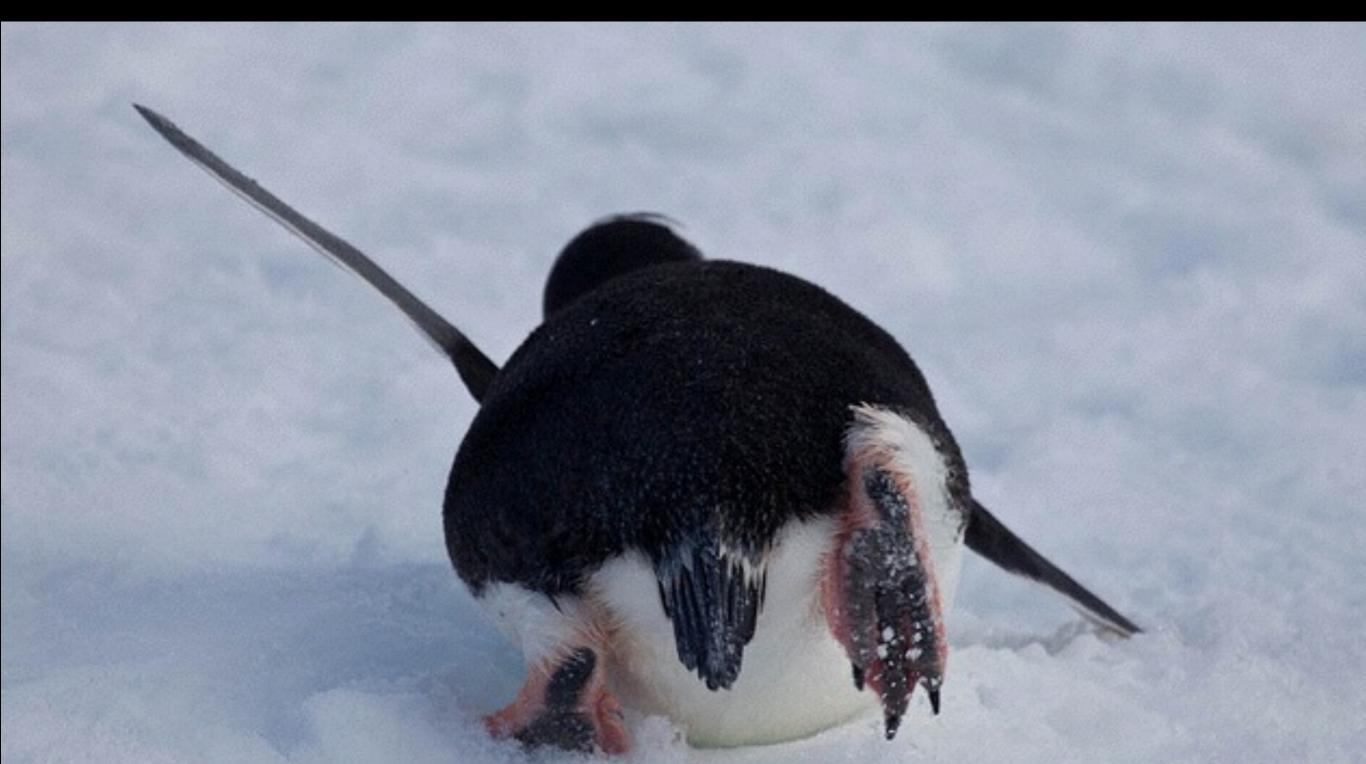
Decide on 1 to 3 things you will do after today
Small steps!

THANKS! happeways.com/workhack

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



All things end



THANKS.

