

Achieve the Competitive Edge with a Single Choice



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THE FORMULA

THE SINGLE CHOICE

CHOOSE HAPPINESS





6 PRINCIPLES FOR THE SINGLE CHOICE



THINK POSITIVE



ACTIONS FOR A POSITIVE BRAIN

- Be still and clear your mind.
- Focus on a positive future event.
- Perform deliberate acts of kindness.
- Infuse your environment with positive people and events.
- Exercise.
- Use your signature strength.



CHOOSE YOUR MINDSET



COMPONENTS OF MINDSET

- The way we perceive our work.
- The way we perceive ourselves.



FOCUS ON OPPORTUNITY



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Three Good Things

- Make a daily list of three good things in your life- be specific.
- Ensure that you schedule a time to complete the list daily.

Wear Rose-Tinted Glasses

Keep major problems in our field of vision,
while keeping focus on the positive.





FAIL FORWARD



WAYS TO FAIL FORWARD

- Use a crisis as a catalyst for Post-Traumatic Growth
- Change the counter fact to a positive one.
- Change your explanatory style.
- Refuse to feel hopeless or helpless.



START SMALL



DRAW THE FIRST CIRCLE IN THE SAND



Self-Awareness



INVEST SOCIALLY



SOCIAL INVESTMENT

- We need to invest in friends and family members to propel us forward.
- We need high-quality connections at work.
- No matter the social investment, it requires mutual respect and authenticity.



6 PRINCIPLES FOR THE SINGLE CHOICE

1. THINK POSITIVE
2. CHOOSE YOUR MINDSET
3. FOCUS ON OPPORTUNITY
4. FAIL FORWARD
5. START SMALL
6. INVEST SOCIALLY



FINAL THOUGHTS

Every big wave starts small.

**Make the SINGLE choice to achieve the
competitive advantage....**

Choose HAPPINESS!

