# Achieve the Competitive Edge with a Single Choice



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# THE FORMULA

# THE SINGLE CHOICE

# **CHOOSE HAPPINESS**



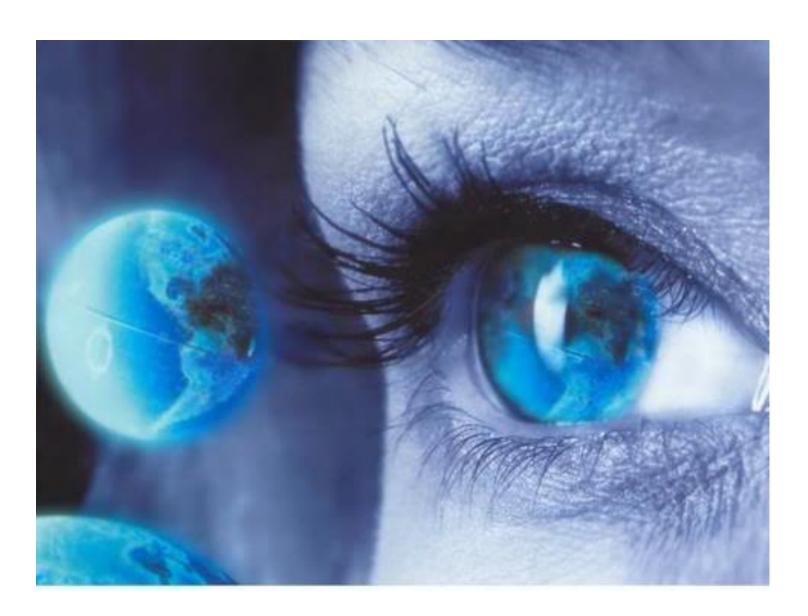
### 6 PRINCIPLES FOR THE SINGLE CHOICE



### 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



### FOCUS ON OPPORTUNITY

### 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



# 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!