

SIMPLE



START BY MAKING A COMMITMENT TO SIMPLIFY

Text your friends and family.
State your commitment.



IDENTIFY YOUR VALUES AND STRENGTHS

Use the inventories to find your gifts learn about others.



PRACTICE

Do it again, and again. Learn as you grow.



MULTI-ASKING

Leverage the strengths of others through authentic and grateful connections.



LEARN TO FRAME THE POSITIVE

Name it, Flip it, Frame it to move toward the desired outcome.



ENJOY

Have fun. You are using the best of you and seeing the best in others.

FACTS



People who use their strengths are

6x more engaged at work



People who use their strengths are

3x more likely to say they have a good quality of life



0-93%

of all communication is nonverbal



Brain studies show that we equate social needs with survival. Being ostracized or disengaged activates similar neural responses as hunger

THREE STEP FLIPPING PROCESS (STAVROS & TORRES, 2018)

NAME IT



Problem or Complaint
Negative Results or Impact

FLIP IT



The Positive Opposite

FRAME IT



Positive Impact of the Flip
Desired Result or Impact