



**SOMETIMES, YOU NEED TO
STEP OUTSIDE, GET SOME AIR,
AND REMIND YOURSELF OF WHO
YOU ARE AND WHO YOU WANT
TO BE**





The Art of Being Brilliant

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spread love
as thick as
you would
nutella.





THE GIRAFFE TEST



art of brilliance
why settle for anything less than being yourself... brilliantly?

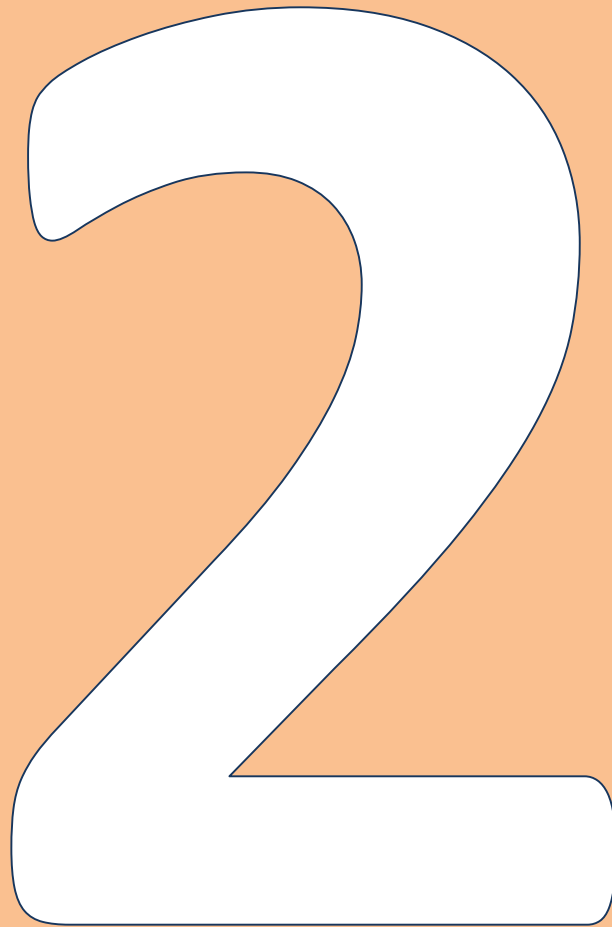
1

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How do you put
a *giraffe*
into a fridge?

Open the fridge, put
in the *giraffe*
and close the door



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why settle for anything less than being yourself... brilliantly?

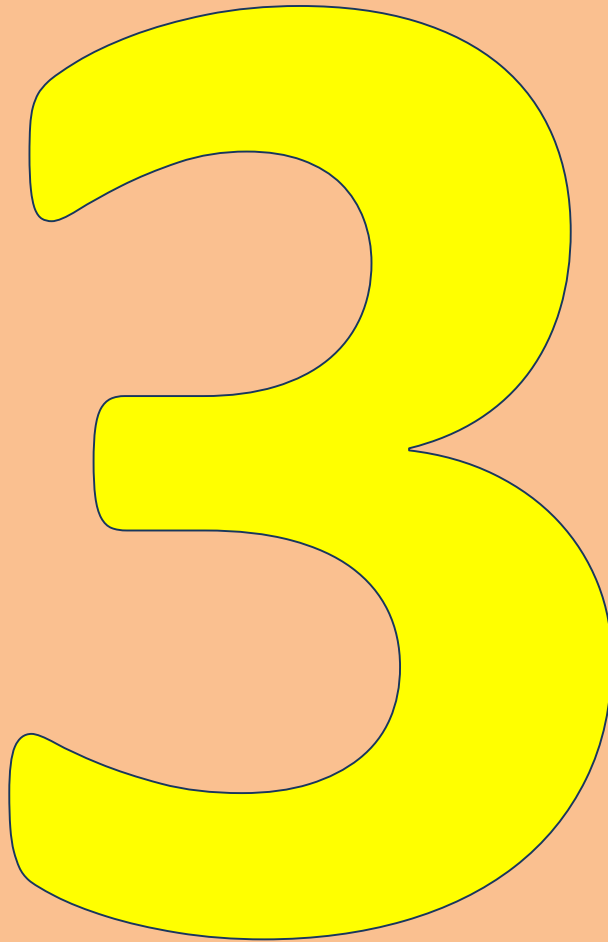


How do you put
an *elephant*
into a fridge?

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Open the fridge, take out
the *giraffe*, put in the
elephant and close
the door



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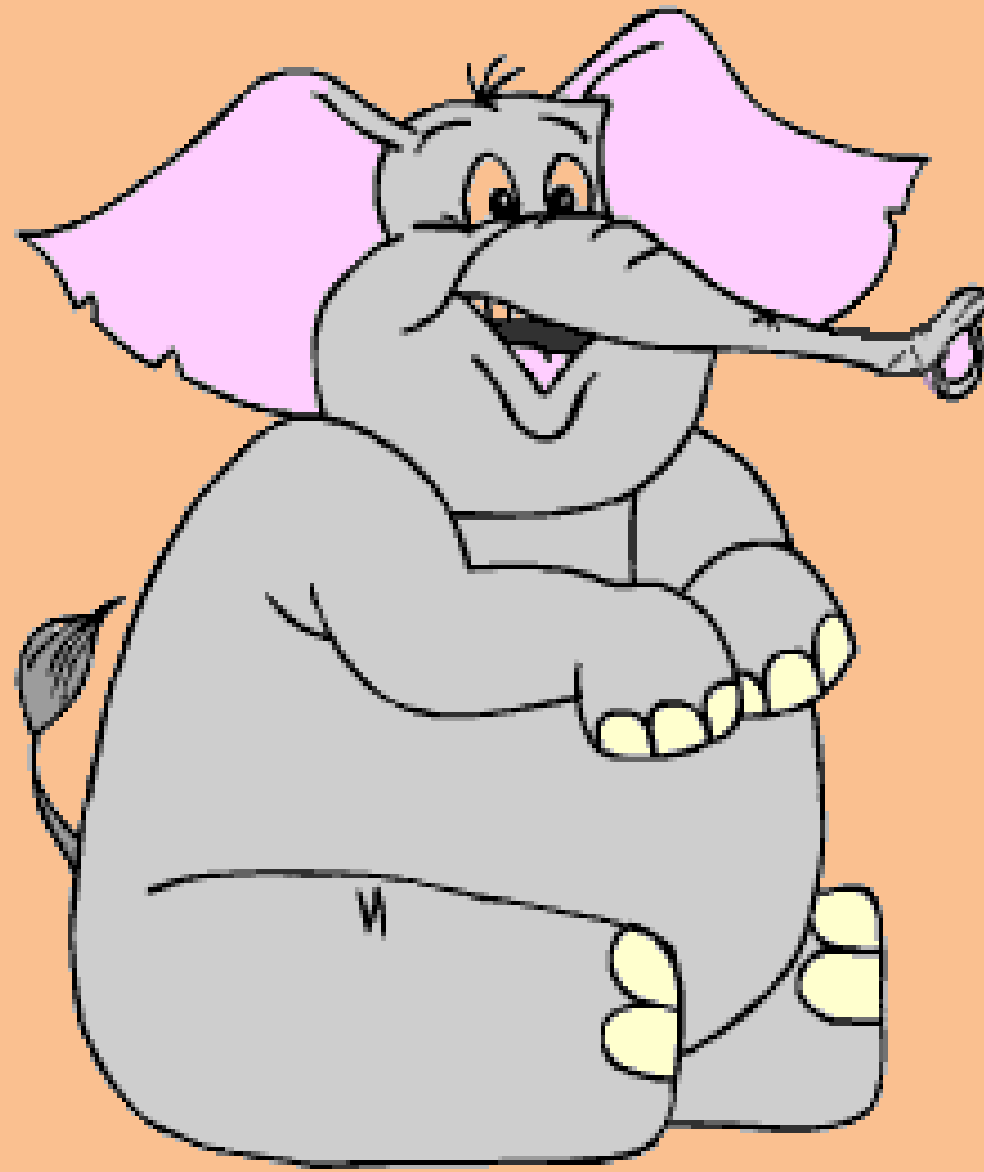
why settle for anything less than being yourself... brilliantly?

The *Lion King* is hosting
an animal party. All the
animals attend... except one

Which animal does
not attend?



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There's a river you must cross
but it's used by ***crocodiles***
and you don't have a boat

How do you get across?



You jump into the river

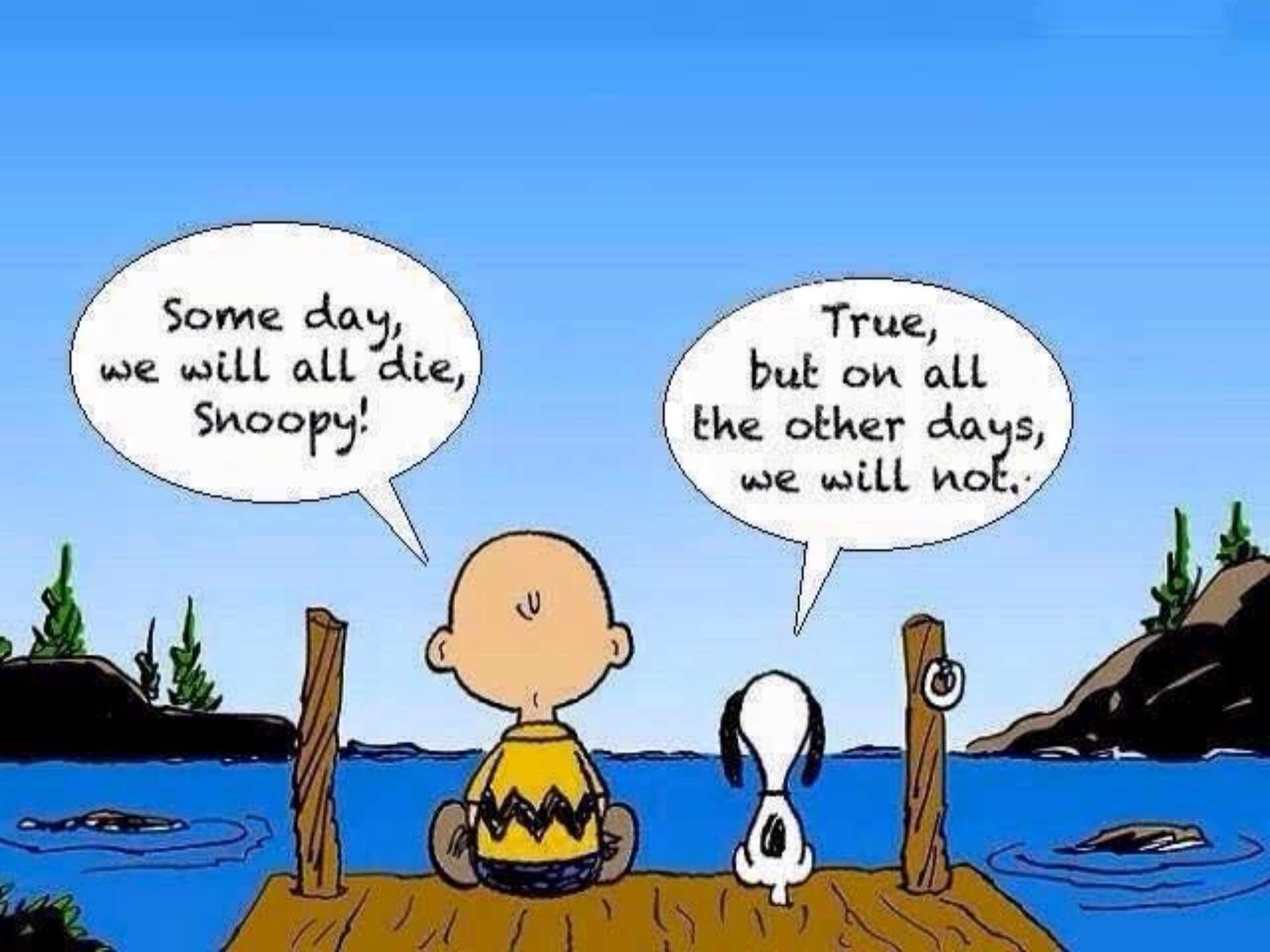
and *swim* across...

All the crocodiles are
attending the

animal party!

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Some day,
we will all die,
Snoopy!

True,
but on all
the other days,
we will not.

**TODAY
IS
THE
DAY**



212

Boring
Oregon City

EXIT 1 MILE



Could you be happier
even if nothing in
the world changed?









upper level (positive)



lower level (negative)

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The happy train!

upper level (positive)



lower level (negative)

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Killer questions...

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The 2% you...

1. What does the 2% version of you look, sound and feel like?
2. How often are you at your best?
3. What stops you?

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Choose to be
POSITIVE





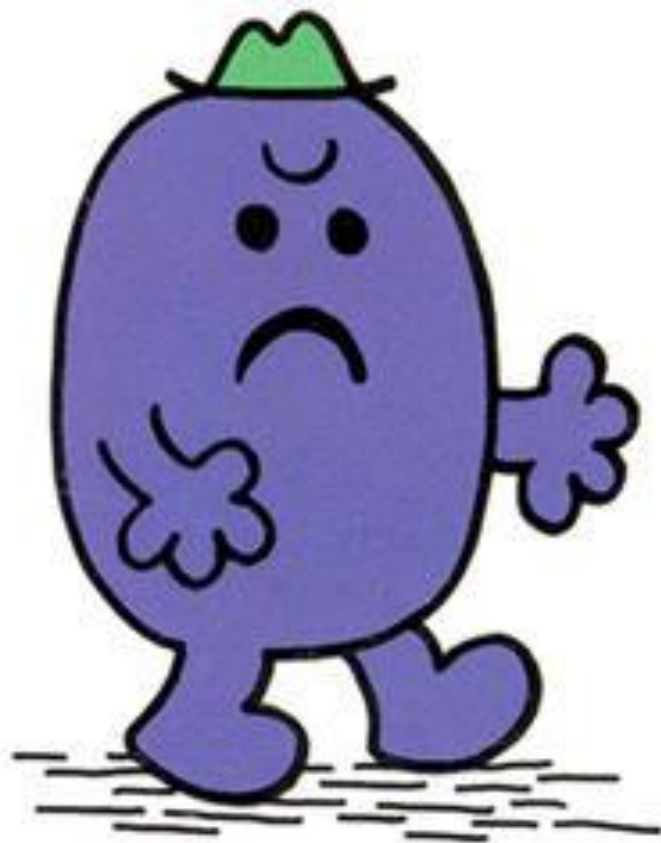
MR. WORRY

By Roger Hargreaves



MR. GRUMBLE

by Roger Hargreaves



MR. BUSY

by Roger Hargreaves

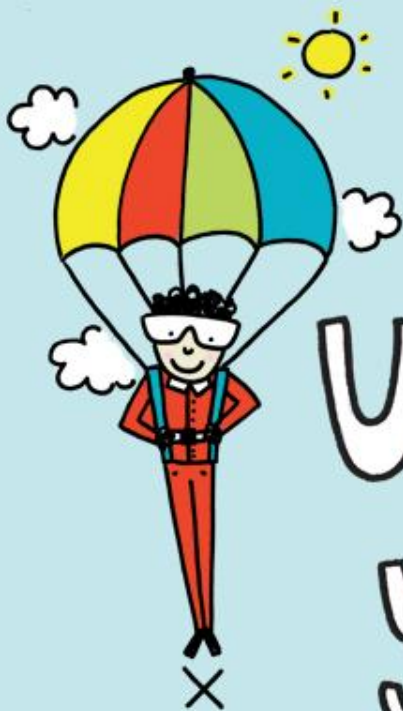


MR. CAN'T BE ARSED



• **r** •





UNDERSTAND
your impact



The ripple effect...

16%

10%

6%

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Could you be happier
even if nothing in
the world changed?



STAY

POSITIVE



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