



Turn on Your GPS

The “Celebration Mindset”

You already have it! The innate desire to celebrate and be celebrated. In fact, our brains are hard-wired to be magnetically drawn towards a “reward” state, or a state ripe for celebration. With a little “recalculation” and open reception we can learn to access and enjoy a better state of mind and life.

Embrace the “Celebration Mindset”. What can we celebrate?

Milestones, Mondays, one less cup of coffee today, mistakes, faults, holidays, achievements, finding your keys and that’s just the beginning.

Mistakes can and should be celebrated! Celebration is about acknowledging all that is good in your life. Even what may appear to be a disaster can be “recalculated” if we focus on the gifts to be discovered and lessons to be learned. “Life isn't about waiting for the storm to pass; it's about learning to dance in the rain”, Vivian Greene.



How can we celebrate?

Imagine the last really great day you had... everything was going your way, good news flooded in, you were just happy! Are you happy everyday? Why not? You could be– you just need to **turn on your “GPS”**.

In a survey, we asked, “What is essential in making a celebration successful?” Time and again, three words were mentioned: Gratitude, Play, and Surprise. **GPS!**

Let’s start with simple definitions fitting for this context:

Gratitude -- Appreciation for all the good things we have in our life.

Play -- Having fun, creating humor, and being experimental in the moment.

Surprise -- Including the element of the unexpected.

Let's explore each of these further.

Gratitude

Every morning ask yourself this question: What am I grateful for today? If you can't think of anything, check in the obituary section of the newspaper. If your name is not there, there's something to be grateful for. Food on the table, close relationships, health, job, security, the air you breathe, a sunset, love in your heart— Celebrate yourself and your many blessings!

Have a Post-It Party! Write down as many nice things as you can about the person or team you're celebrating, and start posting. Post on a computer monitor, a filing cabinet, a map on the wall, a family photo, or anywhere else in the unsuspecting recipients' space. How about a speed round? Give yourself a time frame, such as two minutes per cubicle. Start posting.

When you practice being thankful, you attract more of that which you appreciate into your life. Anthony Robbins put it this way: "When you are grateful, fear disappears and abundance appears."

Play

A great way to incorporate play is to create humor rituals in the workplace. I know—you're busy and don't have a lot of time to waste. But I also know that if you're too busy to play, you're too busy. A quick "play" break will pay off in greater creativity and productivity. How to set the stage? Some companies will go out on a limb to bring this philosophy to life.

Jolene Selby tells us the management of a government agency in Washington state was determined to bring back a child-like state in their employees with "Get in touch with your inner-child Day".

On this day each year, all employees are encouraged to wear their pajamas to work—appropriate ones, that is. The day starts with Captain Crunch and Cocoa Puffs. Cartoons run continuously in the break room, where anyone can stop by and tap into his or her inner child. Candy and

kids' snacks are available throughout the day. Afternoon breaks include games such as "Pin the Tail on the Donkey". Sing-alongs and pillow fights inspire adults to let go of worries and stresses. This leads to a creative brainstorming session looking through the eyes of a child.

Some companies take it even a step further. Explore Consulting in Bellevue, WA has a Nerf-gun shooting range and Google headquarters in San Francisco, CA has a built-in slide. Employees here have no excuse not to Play!

This allows everyone to regain their sense of wonder, spontaneity, curiosity and playfulness while approaching the day's opportunities without limitation.



Surprise

Surprise is invigorating! Every celebration can be enhanced with a little surprise.

Odette Huang, Director of Marketing and Branding at the Royal Plaza on Scotts, Singapore excels at surprising employees and customers.

Guests booking the Royal Plaza online are asked if they are celebrating something special. One couple wrote that they were celebrating their 50th wedding anniversary. The Customer Relation team tracked down their daughter, got a wonderful photo from their wedding, used Photoshop to improve the picture quality and gave it an attractive frame.

Once the couple arrived, Odette invited them up to the Club Lounge together with the GM, Patrick Fiat, and the Customer Relation team. There, they sang "Happy Anniversary" and presented the framed photo to the astonished and teary-eyed couple.

The Scooter Store keeps cans of confetti available throughout the building to shower unsuspecting employees in a spontaneous celebration

at any given moment. It might be sprinkled on an employee who experienced a life event, or on another who had a best personal month.

It's Up to You, It's Up to Me

After all these tips and examples, you may be wondering, who is responsible for the surprise? The answer is (triple) simple: somebody, anybody, everybody. Consider creating a "celebration committee" whose task is to keep celebrations fresh and inspiring. A rotating "VP of Surprise" or "Champion of Fun" can get it all started. The key is to continually shake it up, move it forward, and keep your employees excitedly anticipating what amazing experience might happen next.

GPS: A WAY OF LIFE

Can you feel that celebration mindset taking hold yet? Good. Then you have officially **turned on your GPS**. Now, how do we keep it running?

- Start by making a commitment to facing each moment of the day with as much Gratitude, Playfulness, and Surprise as you can muster. Your GPS will help you embrace the positive emotions of curiosity, spontaneity, passion, joy, and love for all you do.
- Remember, each of us has a choice at how we look at things. We can mope in the rain, or we can be thankful for the gift of moisture and carry a bright yellow, polka-dot umbrella. Practice gratitude, and you will forever enrich your life.

As we've discussed, whatever life deals us offers an opportunity to learn the lesson "du jour." Our mistakes, setbacks, and even tragedies offer seeds of hope, inspiration, and/or wisdom for better choices tomorrow. Turning on your GPS is the fastest way to change the reactive stress pattern we often fall prey to.

When you operate with your GPS turned "on," something good is bound to happen. Give yourself a turbo boost to unprecedented levels of well-being, productivity, and success. . . one celebration at a time. In other words, life can make you bitter, or life can make you better. Choose better; choose GPS. And let's keep the celebration going!