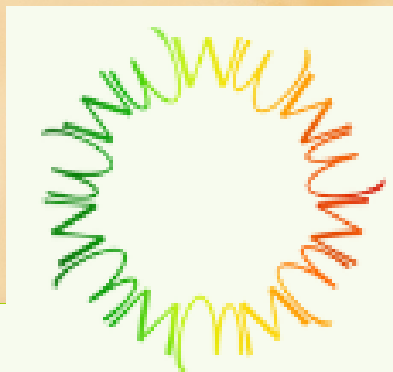


Weekly Wisdom



Grow the Green for You and Your Team



“Happiness is not something ready-made. It comes from your own actions.” -- Dalai Lama XIV

Six Wise Ways to Talk to Yourself and Others

Experts at the Institute for Global Happiness have identified six simple phrases we should use daily to “make our communities more positive, content, and resilient.”

1. **“I get to....”** Instead of saying, “I have to...”, reframe to say, “I get to....” “I get to support this patient who needs our care.”

2. **“What was your rose?”** This question fosters gratitude -- think roses, thorns, and buds. (A bud is something we look forward to.)

3. **“Tell me more...”** Instead of offering advice, offer them space to share.

4. **“...yet.”** Add this to the end of a sentence that begins, “I can’t, I don’t, or I’m not.” “I’m not the best...yet.”

5. **“Will this matter a year from now?”** We often stress too much over the little things. If the answer to this question is “No,” move on.

6. **“I will focus on...”** Avoid distraction and decision fatigue by focusing on one goal at a time.