

# 3 Success Steps You Need to Take | Read this post in 5 minutes or less



## 1. Optimize by leading change

Attitude is altitude, and keeping your attitude positive in the face of a myriad of challenges is a learned skill that can change your life. It means developing a critical “Q” skill I call constructive discontent! Constructive discontent refers to seeing the problems and challenges with new eyes that turn problems and challenges into friends/positive levers that create the mindset, skillset, and engagement that drives positive change.



## **2. Humanize by improving communication**

The leader who communicates well succeeds well. Humanizing communication, adapting your words, your tone, your body language for your audience and also learning to respond to feedback in ways that create engagement. Humanizing communication will also help you build another key leadership competency-enhanced EQ/EI. (emotional intelligence) that is equally important to wellness and personal success.

## **3. Monetize by failing forward faster and better than before.**

Hone your ability and your people's ability to fail forward, faster and better. Remember that a whole new mindset will produce new results that help you navigate the turbulence, changes, and challenges of 21st-century business and life with greater dexterity and success.

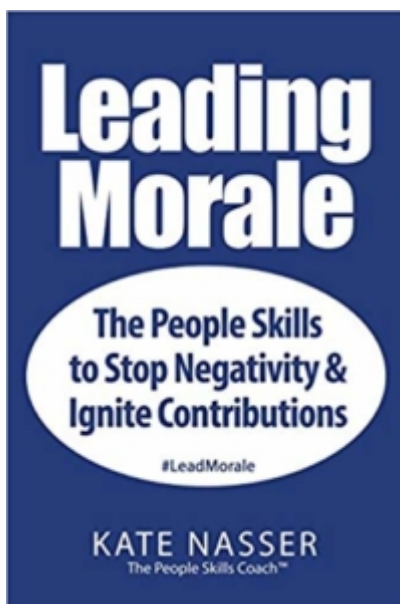
***Anything else? You betcha>>Click to learn about our new programs for leaders and managers! Programs that are built for success at the speed of change!***



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## Success Leaves Clues-Edition 3



Kate Nasser is an author, people-skills and customer service

expert whose work has been shared in major publications and she has also won numerous awards that speak to the excellence of her programs. In addition to a 28+ year successful career, Kate is a social media influencer and the leader of two social media Twitter Chats People Skills and Lead Morale.

**What has been your greatest accomplishment as a trailblazer and change-maker?** *My greatest accomplishment as a trailblazing woman business owner and change maker is awakening \*everyone's ability to close the gaps between themselves and others. I have shown leaders and teams that everyone can learn how to work better together. They have taken this same workplace awareness and ability into the world at large. The benefits are infinite.*

**What do you want to be remembered for?** I would like people to remember me for giving people the inspiration and people skills to close the gaps and build bonds for success in business and happiness in life. I would like to be remembered for developing uncommon talent for developing common bonds.

**What is your fav quote (by other than yourself)?**

"People will never forget how you made them feel." ~ Maya Angelou



KATE'S BIO:

Kate Nasser, The People Skills Coach™, is the founder and President of CAS, Inc. Her keynotes, workshops, and consultations turn workplace interaction challenges into mega business success in leadership, morale, teamwork, and customer service. Kate is a workplace tested consultant & change partner whom clients around the world have hailed as highly effective.

See footage of her in action and testimonials from clients at <https://KateNasser.com>. Get Kate's hallmark book – *Leading Morale* – the only book on that spells out how to \*lead morale from the start instead of fixing it once it's broken.



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# Feel Happier in 10 minutes or less



Reset your GPS, adopt new ways of thinking, communicating or doing that can change your life.

First do something to distract your mind, then try using a “cool tool” (3Q exercise that is free, takes 10 minutes or less and has been proven to work!).

Learning to cultivate happiness in good times and bad is critical and doable.

## 7 Cool Tools (3Q exercises that are free, and that you can do in 10 minutes or less a day!) and excellent happiness quotes!

*Quote: “If you want happiness for a lifetime-help someone else.” Chinese Proverb*

*Tip One →Find the light and share it with someone else. Step*

*out of sadness by helping another person feel better, or be there to listen when they want to share their thoughts. Try it, because it is scientifically proven to work!*

*Quote: "Happiness never decreases by being shared."Buddha*

***Tip Two: Share a joke or funny story with someone who will appreciate it because laughter is contagious and very good for mood, cognition, and health!***

*Quote: "Don't rely on someone else for your happiness and self-worth. Only you can be responsible for that. If you can't love and respect yourself – no one else will be able to make that happen. Stacey Charter*

***Tip Three → Apply love. Spend five minutes a day thinking about how you love yourself or learning to appreciate and love yourself.*** Yes, think of all the qualities that make you special, because each human being is gifted with attributes that are truly lovable. If you had a dysfunctional childhood, learning to re-parent yourself, learning to comfort the child within, to love him/her can be pivotal. If you are going through a difficult experience or challenge the need to love, nurture and appreciate yourself is critical.

*Quote: "Don't underestimate the value of Doing Nothing, of just going along, listening to all the things you can't hear, and not bothering." Winnie the Pooh*

***Tip Four →Take time out each day for blank time; time when you DO not worry, time when you are just at peace and at one with the universe. Ten minutes a day of blank time can be a life changer.***

*Quote: "We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have." Frederick Keonig*

**Tip Five** → *Adopt an attitude of gratitude. Think about 3 things you are grateful for because it is impossible to feel grateful and sad at the same time. Keep a gratitude journal or simply make a mental note before you go to bed and when you wake up of what you are grateful for.*

*Quote: "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." Thich Nhat Hanh*

**Tip Six:** → *Smile because science tells us that the simple act of smiling will elevate your mood.*

*Quote: "When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us." Helen Keller*

**Tip Seven** → *Beware of the abyss and search for the light.* The longer you stare at the darkness, the more it will overwhelm you. Look for the good, no matter how hard it is to see it because if you force yourself to look for the good will help you reset your negative GPS.

***"Very little is needed to make a happy life; it is all within yourself, in your way of thinking." Marcus Aurelius***

**More on Happiness in Disruptive, Uncertain or Turbulent Times?**

**YOU Betcha!** Stay tuned for next week's Wednesday Wisdom, and the site because there is a great deal of information and cool tools to help you feel happier!





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