

# **Are you honorable?**

Honor matters! Your word is your bond, after all.

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## **6 ways to know that it's time for a course correction**

When you find your purpose, you'll feel good about who you are, what you stand for, and where you're heading.

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## **Live backwards**

"Our souls are not hungry for fame, comfort, wealth, or power. Our souls are hungry for meaning, for the sense that we have figured out how to live so that our lives matter, so that the world will be at least a little bit different for our having passed through it."

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## **Feeling stressed out?**



# CAN WE TRAIN OUR BRAINS TO CHOOSE HAPPINESS?

@THERAYCENTER  
#CHARACTERCOUNTS

If so, you're not alone. We all feel stressed out at one time or another. It's a natural reaction to what goes on in our lives, especially during this busy holiday season. Recent research on the subject of stress and happiness indicates that we can handle stress better, live longer, be more successful, suffer less burnout, be smarter and be more productive by just training our brains to choose happiness. In his book 'Before Happiness', Shawn Achor writes about some steps we can take to help train our brains to choose happiness. In addition to regular exercise and meditation he suggests the following:

- 'Three Gratuities': each day for 21 days, write down three things that your grateful for
- Journaling: each day write about one positive experience from the past 24 hours
- 'Random Acts of Kindness': each day write one positive email, text or social media post praising or thanking someone in your social support network
- What positive experience, from the past 24 hours, could you write about to start training your brain to choose happiness?

[Click here](#) for more information on character education.

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# Achieving success

When we see people succeed, we may assume that things like natural talent and test scores were the big factors in their success.

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# Distrust commands a heavy price

Let's look at what happens in the absence of trust.

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# Everyday leadership

Watch the following Ted Talk on Everyday Leadership.

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# The dot

A "must watch" video! Great for kids and adults!

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# Who sets limits to your growth?

We can either assume that our intelligence, character and abilities are largely unable to change or we can believe that our brains and abilities are just the starting point for our own growth.

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# How the Six Pillars help us do our best work

Your best self. Your best work.