



**360° Happiness: Personal & Organizational Sustainability for  
Revenue Generation Professionals**

# **360° Happiness**

## **Toolkit**

**Oceans of Opportunity  
CCAIE National Conference, June 2-5, 2007**

## Life as It Is – Current Snapshot

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0700							
0800							
0900							
1000							
1100							
1200							
1300							
1400							
1500							
1600							
1700							
1800							
1900							
2000							
2100							
2200							
2300							

# What Matters Most

**Preferred People, Places & Activities - Spending time with friends and loved ones, going to favorite places and doing enjoyable activities go a long way towards building personal happiness. The following section focuses on these key issues.**

**A. List up to 20 *people* that you enjoy spending time with. Do not simply list people that are currently part of your schedule. Instead, record only those where there is a clear indication of personal preference. Please also record the number of times you visit or contact this person each month.**

Person	Visits/mo.	Person	Visits/mo.
1		11	
2		12	
3		13	
4		14	
5		15	
6		16	
7		17	
8		18	
9		19	
10		20	

**B. List up to 20 *places* that you enjoy visiting. Do not simply list places that are currently part of your schedule. Instead, record only those where there is a clear indication of personal preference. Please also record the number of times you visit this place each month.**

Place	Visits/mo.	Place	Visits/mo.
1		11	
2		12	
3		13	
4		14	
5		15	
6		16	
7		17	
8		18	
9		19	
10		20	

**C. List up to 20 *activities* that you enjoy doing. Do not simply list activities that are currently part of your schedule. Instead, record only those where there is a clear indication of personal preference. Please also record the number of times you engage in this activity each month.**

Activity	Times/mo.	Activity	Times/mo.
1		11	
2		12	
3		13	
4		14	
5		15	
6		16	
7		17	
8		18	
9		19	
10		20	

**Self Care – Whether it be regular exercise, making healthy food choices or getting adequate sleep, these are all elements which impact our quality of life.**

**Not at all true**

**Moderately true**

**Absolutely true**

**A. In most ways my exercise plan is ideal. (Note: exercising 3- 5 x/wk, for 20- 60 mins each session is commonly recommended).**

1                    2                    3                    4                    5                    6                    7

**B. In most ways my nutritional regime is ideal.**

1                    2                    3                    4                    5                    6                    7

**C. In most ways my sleep regime is ideal. (Note: recommendation for most adults is 8 hours).**

1                    2                    3                    4                    5                    6                    7

**Gaps, Valleys and Chasms** – The goal here is to identify opportunities for change. Compare information from sections 1 – 3 to your current activity schedule and identify any gaps. In doing so, ask yourself the following questions:

1. Does my current schedule contain access to preferred people, places or activities? If so, is it enough? What would a reasonable or optimal frequency be?
2. Is there enough time spend with your spouse or significant other as a couple? If not, what are some ways that I can address this?
3. Do I exercise with enough consistency and frequency? If not, what are the ways that I can improve on my exercise plan?
4. Am I following healthful eating practices? If not, where can I make improvements?
5. Am I getting enough sleep? If not, how much more should I be getting?

**My top three opportunities for enhancing my level of personal sustainability are:**

1.

2.

3.

**Be My Best** - What one change, over the next three months, would make the greatest difference in my life? Add action towards this on your upcoming week's schedule.

*About Brockway Human Services:*

*Brockway Human Services helps organizations create cultures of engagement where individuals & business leaders thrive across all aspects of their lives.*

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