

Are you T.O.P?

Teachable, Open, and Positive.

Being teachable is always having the heart of a beginner. Put on your rose-colored spectacles and see things through a lens of excitement and anticipation. Louis Armstrong said, "There are some people that if they don't know, you can't tell 'em."

Be open-minded enough to empathize and listen to each other. Isn't it wonderful to hear, "Tell me more!" when you are explaining something or telling a story? It doesn't mean you have to give up your beliefs, or risk being wrong. There is always something for us to learn.

***"I maintained my edge by always being a student; you will always have something new to learn."***

***- Jackie Joyner-Kersey***

## How do we create our *happy*?

1. Don't wait ~ Create! Happiness rarely comes knocking, and you have to become the director of your own life. When you do, you'll find that the possibilities become endless!
2. Biologically do it - heart, mind, body, and soul.
3. Count your blessings; you have so much to be thankful for!
4. Stop complaining. It is a bad habit that needs to be stopped immediately. You need to flip the switch from "I am focused on this problem" to "What is the solution?"
5. Keep a journal. Write down the good and the bad, but more of the good.
6. Remember who you are.
7. Smile your face off! 😊 😄 😌 😁 😂
8. Find the happy every day. When you find the happy, you feed the joy in your life.

Be T.O.P and spread it around to everyone you meet!