



COVENANT LEADERSHIP, LLC

Tools For Navigating Tomorrow's Opportunities

To have a positive, stress resistant life you must live it! These “Be-Attitudes” will inspire increased communication, creativity, attitude, and productivity as well reduced stress, less conflict, acceptance of change and better health! HumorACTION™ is the application to the attitude. It is the application of fun, humor, laughter and play to “operationalize” the attitude. Practice makes perfect!

attitude

**BE STRESS
RESISTANT!**

BE POSITIVE: Happiness and Friendliness are derivatives of an outward focus. Work to keep the glass half full and pass that on to others. A PMA (Positive Mental Attitude) is contagious and motivational.

HumorACTION™: Smile today. Meet someone new. Ask yourself about some of the challenges you have been facing and fun/playful ways you can work on them.

BE AN ATMOSPHERE: Set the pace in having fun! The light that you shine will lighten spirits, inspire creativity, and generate good morale.

HumorACTION™: Be unpredictably predictable. If your work is repetitious, whistle while you work, take a laughter break – celebrate it! Convert the negatives into positives!

BE RESPECTFUL: The right to swing your fist ends where the other person's face begins. Embrace Diversity! The diversity of new thought and new ideas! Welcome resisters – they help to keep focus.

HumorACTION™: Say thank you! Share a laugh with those who oppose change...you know who they are. Let those around you know you are human by sharing a funny story about yourself that applies to the situation they are facing.

BE A SPONGE: Sponges absorb what is being said. Be quick to listen, slow to speak and (ALWAYS) slow to anger. Communication is a two way street – keep both lanes open.

HumorACTION™: What are the distractions that keep you from listening to people? REMOVE THEM! Nothing opens up communication like humor. Invest the time in knowing what your friends find humorous and play to that. That investment will pay HUGE dividends in keeping both lanes of the road open.

BE A WILLOW: A willow is firm in it's trunk and can sway gently with the breeze. The same applies to creating an atmosphere of flexibility. We remain strong in our core beliefs but can flex as the winds of change (and complications) come.

HumorACTION™: Where are the areas that you can flex? What can't you flex on? Where are the same areas for your team? How can you have fun in the flexing? Celebrate losses as well as wins.

BE A CHAMPION: Know where you are going and let everyone else know too. Stand firm and always remain loyal. Champion fun, creativity, and humor in your life.

HumorACTION™: Allow for your mistakes and allow for other's mistakes too. Take yourself lightly and the situation seriously...but have fun doing it.

BE YOURSELF: Combine all of the “Be-Attitudes” into how you act as a leader. Start small, adapt to your own personality and style and just be. Stay true and stay gold.

HumorACTION™: Take the advice from Mr. Wizard to Tudor the Turtle: “Be what you is, not what you is not, those that do this is the happiest lot.”



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