

# Connecting the Workplace and Life Through FUN



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# F

## Foundation

The first step in maximizing fulfillment is through self-reflection and identifying everything that makes you, YOU

# U

## Understanding Others' Perspective

Understanding the perspective of others will improve the probability of success in creating professional and personal fulfillment

# N

## Next Steps

Next steps are the tactical behaviors or "FUNdamentals" that will help maximize fulfillment both at work and home





**Maximize Fulfillment**  
**Change Perspective**  
**Manifest More Of...**



*“Energy flows where attention goes.”*

**Tony Robbins**

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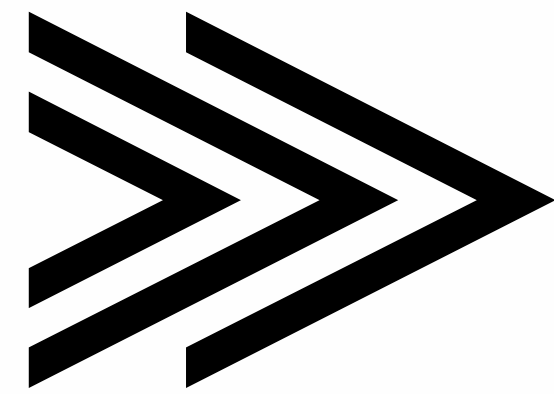
# Brain Pattern Interrupt

*An experience that serves to alter a person's mental, emotional, or behavioral state. Also described as an unexpected act that thrusts individuals into another state of mind.*









# THE **FUNDAMENTALS**



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# Create Meaningful Interactions

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# Create Meaningful Interactions

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# Listen With Intent

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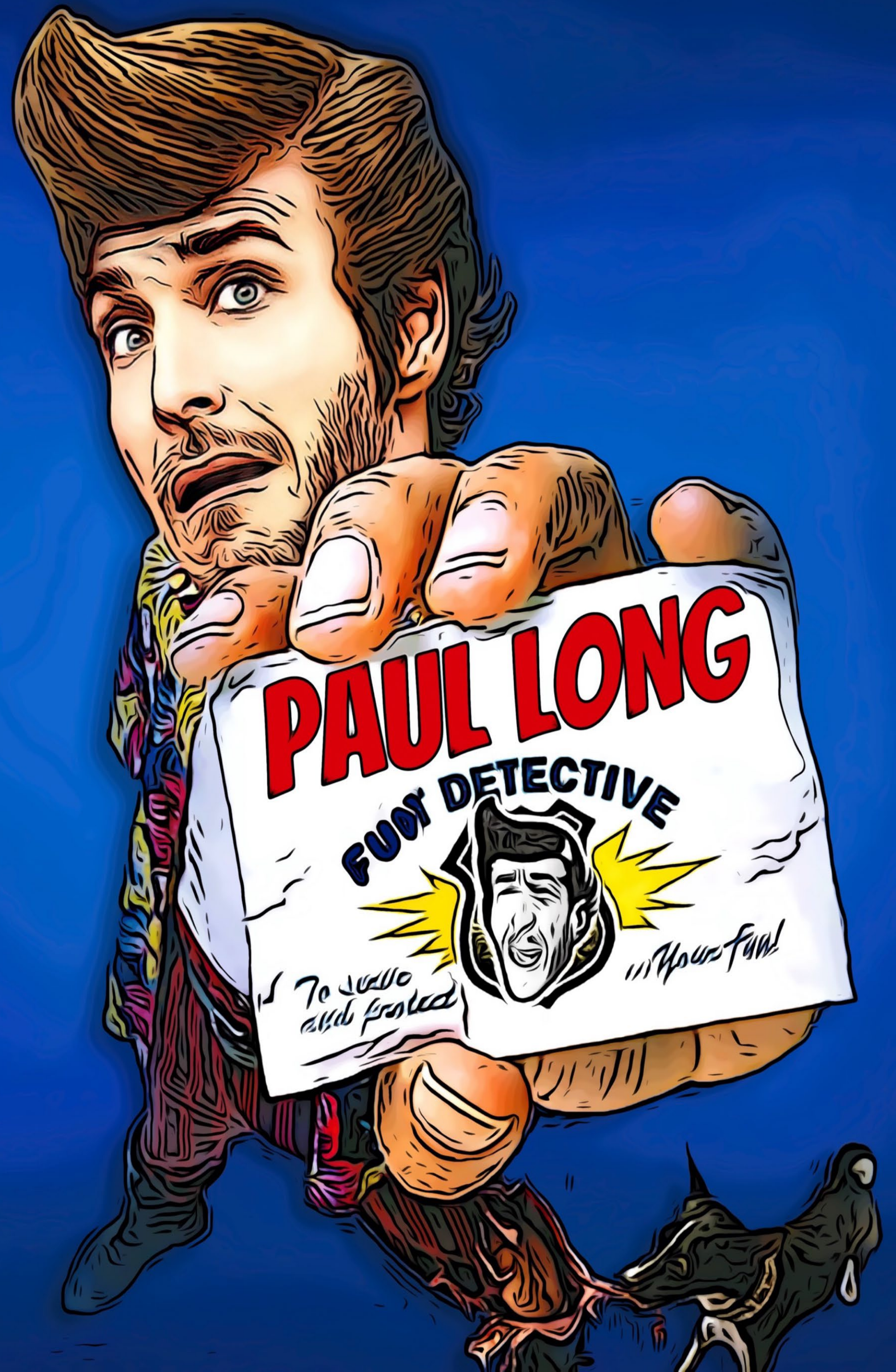




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# Embrace Awkward Moments

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THE WALL STREET JOURNAL.

# Those Kooky Kansas City Cats

Meet the Men Behind the Catsuits at Royals Games; Hello, Sprinkles



Royals fans Paul Long, left, and John Stoner, the cats in question.

KOLBY PAXTON/MLB



By [Jason Gay](#)

Updated Oct. 22, 2014 5:11 pm ET





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# Differentiate Yourself

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# Lead With Kindness

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# Noah Wilson

- \$1.7 million in pediatric cancer funding
- 7 million individual bandaids
- Inspired new hospital practices
- [www.noahsbandageproject.com](http://www.noahsbandageproject.com)





Manifest more of What's GOOD in your life  
and continue your Fundamism journey!





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and continue your Fundamism journey!





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# Be The Change

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