

ACTIVITY: SETTING RULES OF ENGAGEMENT

- Shawn Achor writes in *The Happiness Advantage*, "Whether you're trying to change your habits at work or at home, the key to reducing choice is setting and following a few simple rules. Psychologists call these kind of rules "second-order decisions," because they are essentially decisions about when to make decisions, like deciding ahead of time when, where, and how I was going to workout in the morning." These second-order decisions are the ones that typically paralyze us and prevent us from making lasting change in our lives. By setting rules of engagement there is no decision to be made, we must commit. These rules are a perfect compliment when trying out a new self care habit, be it physical, emotional, or spiritual.
- For example, if you want to spread more positivity in your department you may be questioning when, what, how, and with whom should I be more positive. Setting the rule: "Before starting a meeting I will thank a co-worker for something they have done." will guide you on a path to success.
- Remember that sometimes rules are made to be broken. Once your habit begins to self actualize, think about how you can change the rule to expand your comfort zone

Try This!

- Determine a new habit you want to begin: physical, emotional, or spiritual.
- Write one rule of engagement to reduce the second-order decisions on your journey.
- Follow your rule!

The Happiness Advantage. Shawn Achor.