


**Successful People are Happy! - Jeff Korhan**  
**12<sup>th</sup> Annual SIMA Symposium - Louisville, Ky**  
**speaker@truenature.com -- June 26, 2009 - #SIMA2009**

Jeff Korhan, CSP  
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Naperville, IL

SUCCESSFUL PEOPLE  
ARE HAPPY!



Twitter hashtag  
#SIMA2009

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Resource for You

*I'm here for you! Feel free to contact me after this session.*

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This is an Interactive Program!

**You will:**

- Enhance Your Business Model
- Learn Tools You Can Use Now
- Develop Readiness for Next Season

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Happiness & Success

- 1. Meaningful Work
- 2. Solid Relationships
- 3. Healthy Living

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1. Work

- a. Ability
- b. Goals
- c. Purpose

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a. Ability

- The right "song" for you.



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**b. Goals**

- Clarity
- Commitment
- Obstacles

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**c. Purpose**

- Larger Purpose
- Safety
- Social Entrepreneurship

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**Social Entrepreneurship**

- Builds Trust
- Networking
- Perspective



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## 10 Minute Break-Out

Find two partners  
that you don't work with.  
Pick a leader.

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## 2. Relationships

- a. Appreciation
- b. Laughter
- c. Experience

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## Relationships

- No. 1 Source of Stress (- energy)
- No. 1 Source of Energy (+ energy)



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a. Appreciate

- Appreciate: *to increase in value*

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Diversity Makes You Better



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Social Networking

- LinkedIn
- Facebook
- Twitter
- YouTube



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### b. Laughter

- Light-heartedness – share the gift
- People do business with people they
  - know*
  - and trust*
  - and like.*

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### c. Experience

Success is Embedded in your Victories and Challenges



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### 10 Minute Break-Out

Find two NEW partners  
that you don't work with.  
The one with the **longest hair** is the leader.

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Health

- a. Mind
- b. Food
- c. Exercise

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Health

"Happiness is good health and a bad memory."  
*Ingrid Bergman*

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a. The Mind Leads the Body

- Rest
- Quiet Time
- Meditation



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**b. Fresh Food – The 6 Tastes**

1. Sweet
2. Sour
3. Salt
4. Bitter
5. Pungent
6. Astringent

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**c. Exercise**

- Oxygenate Your System
- Time in Nature
- Mental and Physical Release

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**10 Minute Break-Out**

Find two more NEW partners  
that you don't work with.  
The **best looking** one is the leader.

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Don't Take Your Work too Seriously



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Add Value to Your Relationships

*"What three things,  
if we were able to accomplish them together,  
would allow you to look back on your first year with  
our company with a lot of satisfaction?"*

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Be Yourself – Be Happy!

- Values
- Principles
- Philosophy

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Celebrate Life's Victories



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Keep it Simple!

- Business Isn't Complicated – It's Just Work
- Learn from Your Experiences
- Be Happy and You Will Succeed!

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