

FOCUS
ON THE **40**[®]
PROGRAM



HEAD-TO-TOE TRANSFORMATION[®]

A transformational self-paced guide

exploring the many facets of happiness to improve your leadership,

deepen connections to people, community and purpose, for more productive workplaces

and an understanding of your unique path forward toward fulfillment

at work and in your personal life.

CREATED BY ANTHONY POPONI
AUTHOR OF THE FOCUS ON THE 40[®] PROGRAM

“IT’S A SELF-HELP WORKBOOK FROM AN AUTHOR THAT REALLY NEEDS HELP.”

—ANONYMOUS OVERPAID PSYCHIATRIST

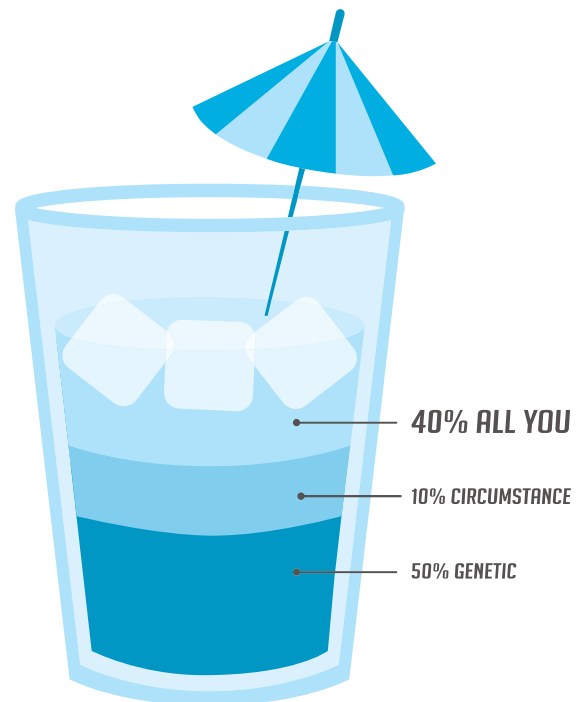
WELCOME TO HEAD-TO-TOE TRANSFORMATION[®]

Created by Anthony Poponi, author of the Focus on the 40[®] program

This workbook is one offering within the Focus on the 40[®] transformative training program. Whether you are leading groups of 1,000, 100, 10 or as small a group as your family or even just yourself the goal is the same: **to flourish!** What does it mean to flourish? Consider the journey towards flourishing starting with the phrase “you get you.” We’ll first show you and your team how to get “out of their own way” and on the path towards flourishing. Getting out of our own way starts with recognizing our undesirable tendencies, patterns and behaviors and creating new positive habits. The result: less suffering, less struggling and less conflict.

The absence of suffering and conflict albeit wonderful, is only half of the journey toward flourishing. That’s living life “half-glassed.” The growth coming from establishing new powerful and positive patterns unlocks our authentic self. Understanding our authentic self allows us to then **focus less on self and more on others** so you can exponentially increase the positive impact you have on those in your life.

This new authentic version of you **can’t be ignored** and the resulting life of self-lead leadership, of purposeful action and positive relationships is core to an inspired life and it is...infectious! Flourishing teams experience higher productivity, better communication, improved camaraderie and internal motivation – and who doesn’t want that? I’m so excited to be part of this journey with you and your team.



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Be sure to print 2-sided in grayscale to save on paper and toner.

ABOUT ME & MY PASSIONS

Before my company, Humore.us, came into being, I had a long, unprofitable career spanning two decades in the nonprofit and public sectors. Serving others is core to who I am. I've found something special in myself through the Focus on the 40™ process, and I'm honestly, but not literally, on fire. I'm living out my passions, earning money beyond my expectations, and doing it all in service to others. However, this has *not* been a linear path. And that's ok! This is my path in one image...



My life, though largely positive, has been similar to a roller coaster—with some ups and downs, rattling moments, starts, stops, restarts, surprising curves, bumps, precarious drops inducing nausea and the occasional straight-up barfing on the people closest to you. The barfing part being a metaphor—mostly. That's life for most of us—and our paths are not linear.

**I WANT YOUR PATH TO BE LINEAR.
I WANT TO BE YOUR SHORTCUT.**

THINGS WE'LL PUT IN YOUR BRAIN (AKA LEARNING OBJECTIVES)

- understand the function of our major neurochemicals: oxytocin & endorphin
- employ neuroplasticity to change the way our brains react to stimuli (AKA life's events!)
- explore actions to change and encourage more positive emotions

THE BACKSTORY

Happiness is such a challenging word when it comes to measurement. Scientists have developed other terms, like *subjective well-being* and *life satisfaction*, for our jargon in the realm of Positive Psychology. Let's not get lost in the jargon and just say your path to happiness is unique. You have your own style, and for some of you, the style is hipster, business casual, or aloha shirt. Some of you have mullets, Mohawks, bangs, or bowl cuts (seek help), and if you want to be happy you need a PERMA. No, not a perm—a PERMA, which is an acronym from the work of Dr. Martin Seligman, the father of Positive Psychology and a personal hero of mine. Dr. Seligman has been a part of changing psychology from focusing on mental illness to focusing also on mental wellness. The term he uses is *human flourishing*, and I truly hope this workbook sets you on that path.

Dr. Seligman summarizes true happiness as having five elements:

Positive Emotions—Chapter 1! Feeling good is driven by brain chemistry.

Engagement—Chapter 5! Engaging in life and finding flow state.

Relationships—Chapter 2! Great communication is the foundation for deeper relationships.

Meaning—Chapter 6! Finding your purpose in service to others.

Accomplishment—do you feel good about your accomplishments? Are you recognized? More on this in later chapters too!

Cool, right? Marty is the best. More on him later. For now, let's focus on your brain!