

Game-Changers? Why?

Because we can get so stuck at work. Ingrained habits, rules, and procedures, in 'this is how we do things around here'. This makes us lose direction and connection, with each other, with ourselves, and with the purpose of our work. Mix it up with Game-Changers that will prevent that work pleasure goes down the drain.

How?

Game-Changers challenge your view, perspective, thoughts, and behavior. They invite you to wonder and really connect with a colleague, and change course from time to time. To provoke and challenge the clichés. To bring back the necessary humor, playfulness, and creativity on the workflow.

Are you serious?





































Yes, dead-serious. Having fun, enjoyment, and inspiration are essential, not just at home but also at the office. And the exercises are based upon insights from Positive Psychology, a new field of science that focuses on the possibilities instead of the problems and restrictions. It aims at our talents and qualities, the nice emotions and positive relations. And on happiness and joy as basic human needs.

Isn't that hard to do?

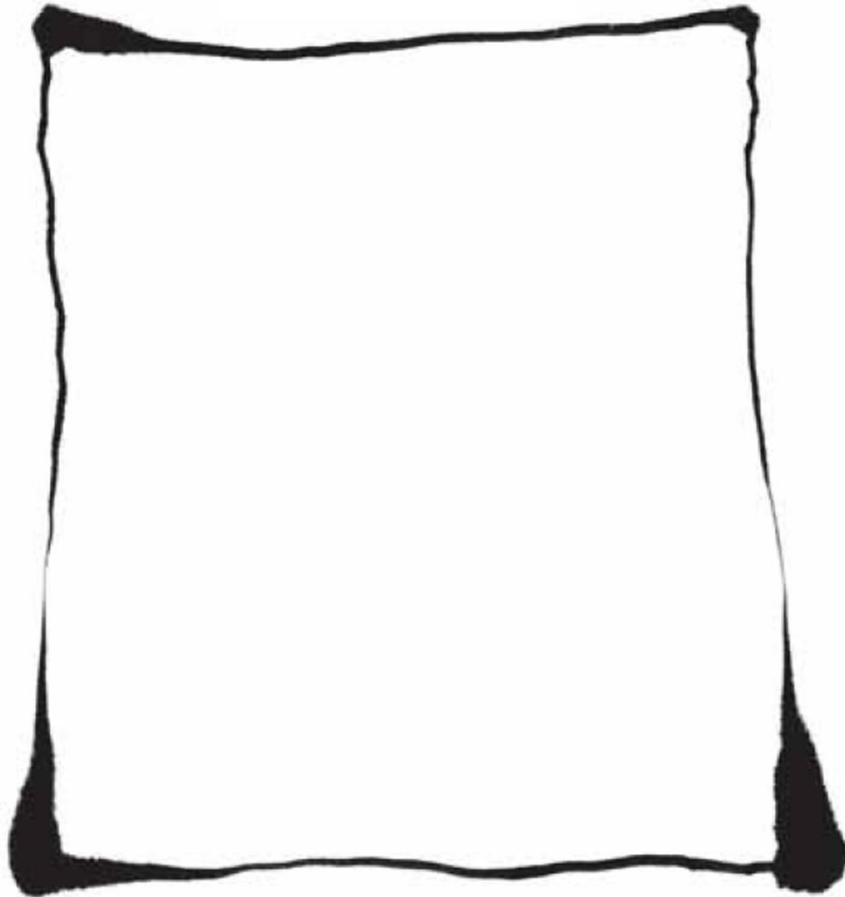
On the contrary, it is surprisingly easy. The Positive Psychology findings have been translated into bit-sized tasks, every Game-Changers is a simple and short exercise without extensive explanation in a playful and tantalizing form.

Enjoy!

Write for every activity you do today who you will have made happy with it.

Name	Action	
		
		
		
		
		
		
		
		
		
		
		
		

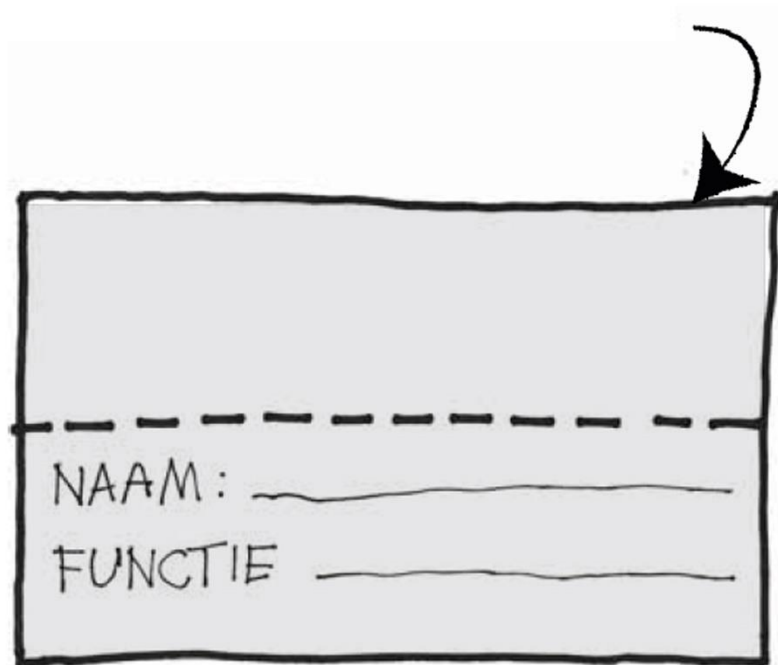
What are the funniest words you have heard today?
Write them down and give them to a colleague.




Summarize each hour of the day in one word.

UUR 1	
UUR 2	
UUR 3	
UUR 4	
UUR 5	
UUR 6	
UUR 7	
UUR 8	

Think of a new creative job title for your work
(Senior Wonderer, Numbers Ninja, Manager Yes-Men).
Write the title on this card and place it on your desk.



NAAM: _____
FUNCTIE _____



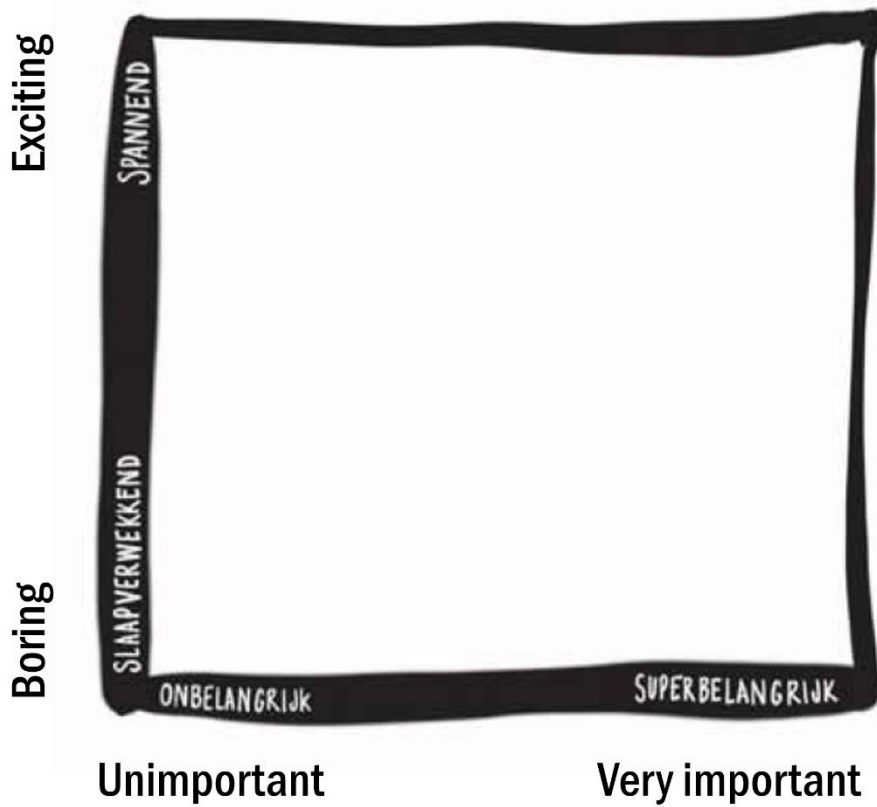
**Move one or more pieces
of furniture in the room
and notice everyone's reactions.**

For free:

- A good conversation
- A firm shoulder rub
- A sincere compliment
- A serenade in song
- A serving of harsh feedback
- A game of arm wrestling.

**Tick one or more boxes
and hand over to a colleague.**

Write down every activity for today
and place them in this matrix.



**Give this book to someone
who needs it more than you.**