



**WELCOME TO DAY 4 OF THE
5 DAY LIFE HACK CHALLENGE:
THE SCIENCE OF SUCCESS**

MAY 4 TO 8 . 2020

STEP 1

When you ask Dopamine worthy questions & listen to people's responses, pleasure is produced! = Success!!

But it is the next step that counts....

BECOME A STRENGTHS SPOTTER

- "You know everyone—you must be a great networker!"
- "I'm amazed by your dedication to this organization—they are lucky to have you."
- "You are so knowledgeable in this subject— I am so glad you're here"
- "I love your shirt. You have such great style"
- "Wonderful presentation. The stories you integrated illustrated the point well"

INTROS

- "Michael, meet Dave. He is developing a really cool app and just won seed money for his project."
- "Randy, meet Joe. She is a talented author and one of the best writers I know"
- "Marika, let me introduce you to Marly. We just met, and she is telling me all about her trip to Mauritius"

WHEN MEETING OTHERS

- "It's so nice to meet you. Jamie has told me all about you and how heard you have been working to make this product launch a success".
- "Great to know you. A friend of Rudy's is a friend of mine. He knows the most interesting people."
- "It's a pleasure to meet you. Your name tag says you work at google. Do you love your job?"



WHY WOULD YOU DO THIS?

- You give people positive labels right from the beginning
- You make others feel good
- You give them a dopamine hit
- The labels give people an opportunity to engage in fun conversation and tell you all about their favorite topic - themselves!
- Being memorable is about highlighting other people's greatness

THE IMPORTANCE OF MICRO-MOMENTS

How positive and supportive are you when your significant other expresses enthusiasm over something good that has happened in his/her life?

You – "The Person" that she wants to share her good news with?





ACTIVE CONSTRUCTIVE RESPONDING

Active
constructive

Let's go celebrate. I want to know more. How about we grab dinner & you can tell me all about what he said when he told you about the promotion. His exact words!

Passive
Constructive

"That's good news."

Active Destructive
– Joy thief

"I never get to see you as it is. If you take this promotion, you're going to be at the office at all hours of the night and even more stressed than you are now."

Passive and
Destructive –

What's for dinner?

TODAY'S CHALLENGE

- Positively recognize others (you can do this in person, email, online forum)
- Engage your "person" in conversation when he/she share good news

- Love this post of a beautiful sunset. You're a great photographer
- This cake looks like a Baker made it. It's Gorgeous!
- Your blog on resilience was incredibly helpful. Your tips on perception helped me change my perspective and made me see things differently