



Imagine being the most awesome wonder hero when you surprise your significant other with a slice of this Super Simple Chocolate Strudel and a cup of hot coffee as a breakfast treat on Valentines Day! Throw in some fresh strawberries and a dollop of whipping cream and who knows where it will take you!



May the
llama of
happiness
forever
spit in
your direction



SUPER SIMPLE CHOCOLATE STRUDEL

INGREDIENTS:

- 1 sheet puff pastry (thawed)
- 4 ounces Semi-Sweet Chocolate Chips
- ½ cup Walnuts, chopped
- 1 tablespoon butter

INSTRUCTIONS:

- Microwave the chocolate for 30 seconds, stir and microwave for another 30 seconds.
- Add the butter and microwave for 30 seconds, stir, and if needed microwave at 15-second intervals. Stir until glossy.
- Lightly flour a surface and open up the puff pastry sheet.
- Roll out to about 12" square.
- Spread on the chocolate to about ½" from the edge. Sprinkle on the chopped nuts.
- Start rolling up - jelly roll style.
- Place the seam side down on an ungreased baking sheet. Fold the end under a little bit.
- Cut about 6 diagonal slices along the top, no more than ¼ inch deep.
- Bake at 375 degrees for 30-35 minutes.
- Let cool on a wire rack.
- If you like - sprinkle lightly with powdered sugar.

Chocolate Personality Test

What does your favorite chocolate reveal about you? I don't know how much stock you want to put in to this but it's kinda fun to see if it fits! What type(s) of chocolate do you gravitate towards?

Milk Chocolate Lovers – You are straightforward, clear, honest, positive, warm, sweet, kind and ambivert. You adjust easily to your surroundings using both your rationality and emotions. You like to live your life according to your rules but you keep it on the down-low – you do not like to show-off. You don't often bother other people with your troubles but this sometimes also leads to burnout. You have an infectious, magnetic vibe that makes everyone around want to be with you.

Dark Chocolate Indulgents – You are guarded, sophisticated, mysterious, independent, classy, energetic, practical, and selective. You appreciate the finer things and carry yourself in a well-cultured manner. You are magnetic: people want to be around you, listen to you, watch what you are doing. You believe strongly in yourself and your abilities to manifest your dreams into reality. You are a rare one when it comes to personality type. You do not shy away from voicing and defending your opinions and yourself. You take your commitments and relationships seriously. You feel and think things deeply.

White Chocolate Aficionados – You are calm, collected, clever, strong-willed, reliable, trustworthy, happy, cheerful and fearless. You go with the flow. You are kind-hearted especially to people in your tribe. Potentially, you like to be in the limelight. You can hide your emotions when you choose to do so. You tend to be romantic and sentimental when it comes to relationships and love



matters. Long-term commitment is where it is at for you. You may trend toward traditionalist values and are family-oriented.

Nut's n Stuff in your Chocolate – You are enthusiastic, quirky, quick-witted, playful, cheerful and young at heart. Your sense of humor is exceptional. You can put a smile on anyone's face and solicit a good belly laugh without even trying. You desire to enjoy every passing moment of life over being sad or worked up. Being present is your purpose. People look up to you for support in difficult times.

Source: jagranjosh.com

Working World: Insights

Do what you love, you might just be doing it for a while!



- **65%** of workers in the US are **happy** with their jobs.
- However, only 20% are **passionate** about their jobs.
- **49%** of workers are **very satisfied** with their work.
- **30%** of workers are **somewhat satisfied** with their work.
- **61%** of US employees want to leave their current job.
- **One-in-five** Americans ages 65 and older remain employed in the workforce today. That is nearly double that of those who were working 35 years ago.

The top reason US workers are unsatisfied with their jobs is income. The main factors for high job satisfaction are “high meaning” and income. A correlation could be made between being passionate about what your vocation is and the satisfaction it brings to your well-being. It doesn't take a rocket scientist to figure out that workers want to leave their current job for something that will provide more satisfaction and happiness. So what are you passionate about? What will give you satisfaction in the workplace if you had to do it every day, even beyond the retirement age of 65?

Sources: Zippia. "43 Incredible Job Satisfaction Statistics [2023]: Average Job Satisfaction In The US" Zippia.com. Jun. 19, 2023.

Pewresearch.org: Generation and Age. December 2023

NOTE: Happiness vs Passionate vs Satisfaction

Happiness def: state of well-being and contentment: joy.

Passionate def: showing or caused by strong feelings or a strong belief.

Satisfaction def: fulfillment of one's wishes, expectations, or needs – or the pleasure derived from such.

Me: it doesn't have a tail so I'm pretty sure it's a hamster

Tech Support: ok fine right-click the hamster



Love Languages and the Workplace



In past issues I have referenced and written articles related to Gary Chapman's 5 Love Languages. Did you know that these love languages don't just apply to your romantic life/life with your significant other? We can use what we learn about ours and others preferred love language to enhance all kinds of communication and build meaningful connections: parents and children, siblings, friends, and even in the workplace. However, we may not have just one dominant love language, it can depend on the relationships listed above. For example, you might feel most loved from your partner through acts of service but with your co-workers you might feel most appreciated through words of affirmation.

When trying to identify your work love language, it might be helpful to go back to the drawing board and answer these questions as you visualize yourself in your work setting:

- What makes me feel the most appreciated at work?
- What type of gestures from coworkers or managers mean the most to me?
- When do I feel the least valued at work?
- How do I show appreciation to my team/coworkers?

The 5 Love Languages as they relate to the workplace

Words of Appreciation: Building colleagues up with words (oral and written). Some prefer private communications while others prefer public recognition.

Quality Time: If someone is important to us, it can be encouraging to spend time with them either individually, with one's supervisor for example, or just hanging out with colleagues.

Acts of Service: Helping a coworker with a tight deadline or heavy workload can be extremely encouraging and garner great appreciation.

Tangible Gifts: Small presents to coworkers relating to their preferences and interests, bringing coffee in to your office mate, a reward plaque from the CEO to hang on the wall.

Physical Touch: **Appropriate** physical touch can come in the form of a high five, fist bump or congratulatory handshake.

For more information and to take your free Love Language assessment visit: 5lovelanguages.com/quizzes/

Attn: Please Read

In the interest of being more environmentally friendly, delivery times and potentially adding more content I am contemplating going digital with the newsletter for those that are amenable to it. If you would be open to receiving Notes and Nibbles digitally, please send me a quick email confirmation. THANK YOU!

ATTITUDE IS THE DIFFERENCE BETWEEN AN ORDEAL AND AN ADVENTURE

When I say I love You More... I don't mean I love you more than you love me. I mean I love you more than the bad days ahead of us, I love you more than any fight we will ever have. I love you more than the distance between us, I love you more than any obstacle that could try and come between us. I love You Most



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