

⚡ EPISODE 11

WHY POSITIVITY CHANGES EVERYTHING

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What you celebrate
becomes the culture you
create.

3 Practical Moves

- Make Celebration Visible
 - Work: Share a win at every meeting.
 - Home: End the day with “highlight of the day.”
- Replace Sarcasm with Sincerity
 - Speak encouragement clearly instead of hiding it in jokes.
- Model What You Want Multiplied
 - Be the loudest voice of gratitude in the room.

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Reflection Question

If someone asked my team or family,
‘What gets the most attention here—
problems or positives?’ how would
they answer?

What you celebrate
becomes the culture you
create.

Action This Week

- Celebrate one person daily.
- Write down one thing you're grateful for each night.
- Redirect one negative conversation toward a positive.