

**Time to  
feel  
UPBEAT!**



## About Toni Blake

- Toni is a popular national keynote speaker
- Published author
- Popular guest on industry radio & podcasts
- Tours over 50 US cities each year
- Toured as a professional comedienne
- Shares a Kindness Challenge with the WORLD each year
- Toni is followed on social media by 36K industry professionals

**If you know her, you love her.  
If you don't, you will!**

Enjoy Toni's videos on Facebook or YouTube:

<https://www.facebook.com/TheTotallyToni/videos>

[https://www.youtube.com/channel/UCpD65NWjG7sqw\\_3\\_S6zoP0w](https://www.youtube.com/channel/UCpD65NWjG7sqw_3_S6zoP0w)



**Time is too short and  
fragile to be wasted**

Multiply your 

**Share UP WORDS with someone!  
Pick a person to call, text, email!**



If it is to be ... It IS  TO ME!







Emotions have **EXECUTIVE** power in the brain.  
Your emotional choices release emotional energy  
that is vital to your happiness levels.

Feeling the  
**LOVE**



**Up & Down both create Momentum!**

Intentionally trigger the power of  
to change your personal energy

- Recalling a happy memory
- Recall a Goal & Celebrate
- Chocolate / Coffee / Mocha Latte
- Laughter / Funny Video
- **Warm HUGS**

# UPbeat



Dopamine



Serotonin



Oxytocin



Endorphin

How are you feeling? More UPBEAT?



# SHIFT

H A P P E N S



Today, I want to make a difference in someone's life!



"We rise  
by lifting  
others."

-Robert Ingersoll

Inspire others

toward UP!

ADD Upbeat to YOUR LIFE!

Help others to add Upbeat to their life!

Write yourself  
a daily prescription  
for positive energy!

**R<sub>x</sub>** Patient Name: \_\_\_\_\_  
Address: *ME!*

Prescription:  
*Be Present + mindful*  
*Count your blessings*  
*Breathe deep*  
*Dance*  
*Sing out loud*  
*Be Kind*  
*Share a smile*

*Lifetime Supply*  
Refill = *0-1-2-3-4-5*

Signature: *ME!* Date: *Everyday!*



# UPbeat

**Rx** Patient Name: \_\_\_\_\_  
Address: \_\_\_\_\_

ME!

Prescription:  
Be Present + mindful  
Count your blessings  
Breathe deep  
Dance  
Sing out loud  
Be Kind  
Share a smile

Lifetime Supply   
Refill: 0 1 2 3 4 5

Signature: ME! Date: Everyday!

**Rx** Patient Name: \_\_\_\_\_  
Address: \_\_\_\_\_

Prescription:

Refill 0 1 2 3 4 5

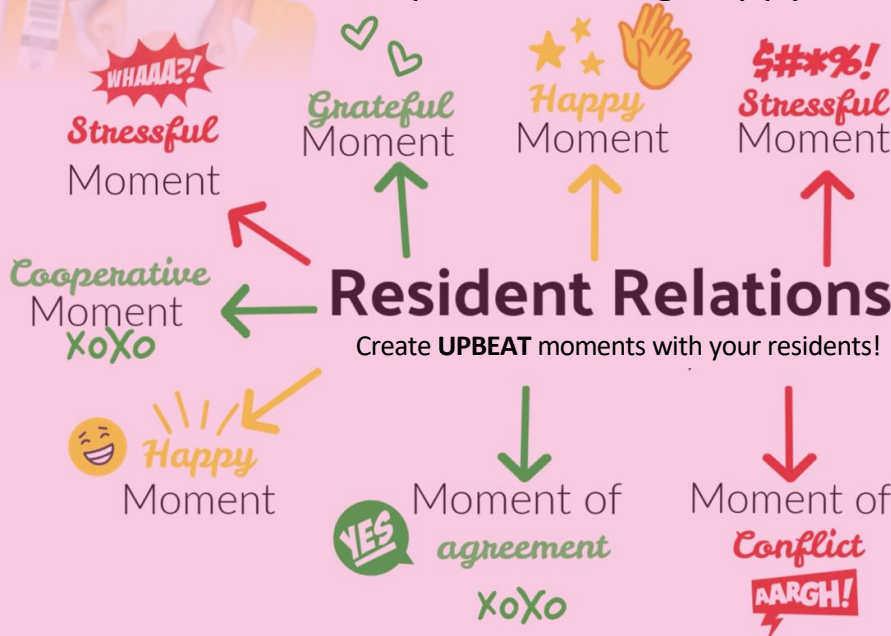
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Make a daily prescription for happy!  
Write a list of actions that bring you JOY!

[Power of Positive Thinking](#), available on Amazon



Make plans to bring happy to work!





# 1 Beyond

Their expectations  
EXPECTATION  
MAPPING

CREATE AN EXPERIENCE BEYOND THEIR EXPECTATIONS!

Cause

Effect

## Visit Community

How can you go BEYOND their expectations??

## Keep Fresh Flowers In your Office!

People act different in the presence of fresh flowers. Learn how to choose flowers with long life-spans and keep them fresh. **Reminder: There are fresh flowers at some dollar store!**



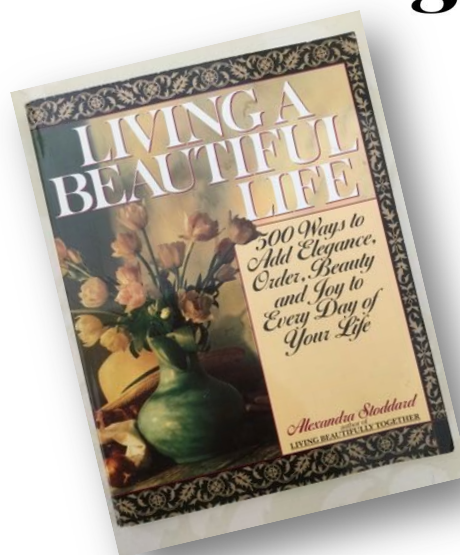
### COMMUNITY

# The Positive Effects of Flowers on Your Wellbeing

*Flowers Are Part Of Our Life*

Thrive Global invites voices from many spheres to share their perspectives on our Community platform. Community stories are not commissioned by our editorial team, and opinions expressed by Community contributors do not reflect the opinions of Thrive Global or its employees. More information on our Community guidelines is available [here](#).

[Living a Beautiful Life](#), available on Amazon



HAPPY  
*Valentines*  
DAY

**A NEW TRADITION  
for Maintenance**



**SERVICE  
RECOGNITION**  
A PAUSE FOR APPLAUSE



Thank you for the job you  
do for us everyday.  
This service recognition is for :

---

---

---

---





Upward TWO Video Resources :

Here is lesson two on YouTube:

<https://youtu.be/76kiYTBvUyI>

Funny Blog : Olaf's 15 Greatest Quotes

<https://screenrant.com/disney-frozen-olaf-greatest-quotes/>

Funny Video : Babies Laughing

<https://youtu.be/L49VXZwfup8>

Funny Animal Video:

<https://youtu.be/k7JVUR2MOhM>

Justin Timberlake – Can't Stop That Feeling

<https://youtu.be/ru0K8uYEZWw>

Meghan Trainor - Better when I'm Dancing

<https://youtu.be/pkCyfBibIbl>



**Share UP with Your Teams!**

**02/04 - UPward** Momentum!

**02/11 - UPbeat** Personal Energy!

**02/18 - UPSide** Perspective!

**02/25 - UPright**-Character Choices!

Each 10 minute coaching includes weekly assignments

*February Social Series*

