

3 Things We Need  
for Success & Happiness--  
at Work *and* at Home

christineCARTER, Ph.D.

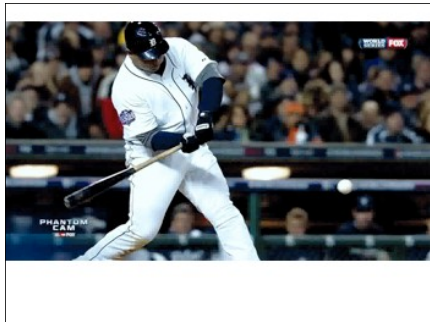


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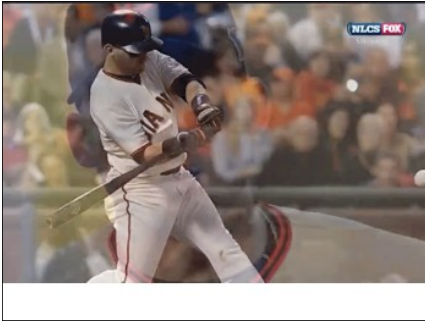
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- (1) grit
  - (2) a perfectionism recovery program
  - (3) the ability to see problems, struggle, failure, challenge, etc. as the source of success
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power + ease

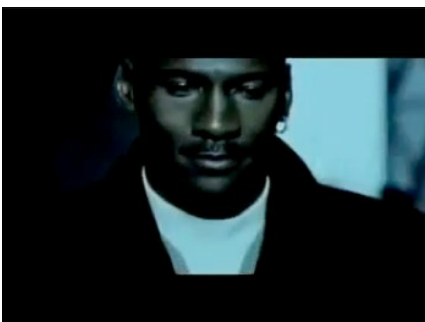
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2.  
**Gratitude**

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1.  
**Failure**

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**The Monkey Business Illusion**  
Daniel J. Simons



make kindness THE central theme in your life



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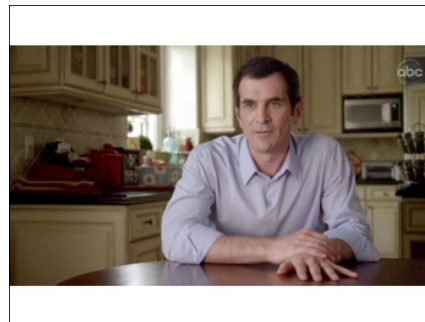
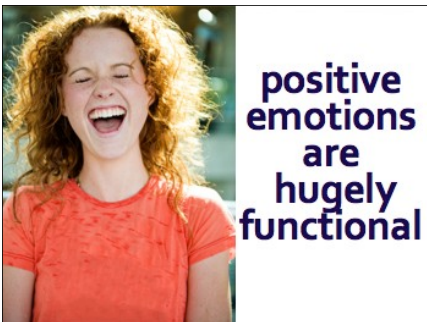


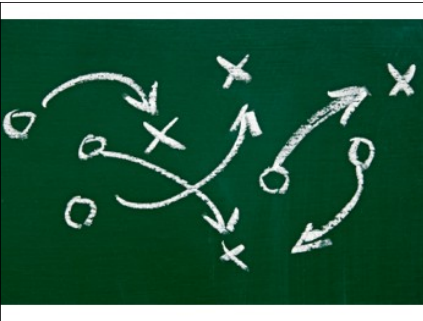
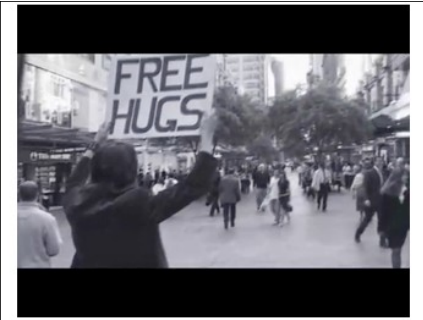
more happiness tips  
[www.christinecarter.com](http://www.christinecarter.com)

check out *Greater Good*  
[www.greatergoodscience.org](http://www.greatergoodscience.org)

slides from this presentation  
sign up on the email list that is going around

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THE core belief gritty people hold:

success  
comes  
from  
practice

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