

A personalized report created for

**David Vittoria**

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## Introduction

By David Vittoria

Author, *The 8 Basic Elements to Greater Happiness, Health & Productivity*

Congratulations! You've just completed the Happiness Index™, which assesses your current attitudes and actions in eight specific areas impacting your performance. You've taken an important step on your path towards greater happiness, health and productivity. Well done!

In the pages that follow, you'll discover some useful information about yourself and helpful tips to guide you on your journey. On the next page you'll find your "Hi-Graph". It's a visual representation of your scores in each of these eight areas: **INVESTIGATE, INITIATE, ACTIVATE, COMMUNICATE, INTEGRATE, RELATE, CELEBRATE** and **ILLUMINATE**. As you view the illustration, you can clearly see just how close you are to your "center" and the greater sense of fulfillment that can come from applying these eight basic principles at work and at home.

Following that, you'll see a breakdown of your scores in each of the eight core areas and an Action Plan. Here we've included some simple and effective tips designed to help you raise your scores (and your level of awareness) as you strive to do what matters most every day.

On the last page, you'll read about some of the services we offer to complement this report and help you create the life and the career that you deserve. We invite you to contact our office to discuss this report (which we're happy to offer as a complimentary service to you) and we've also designed a number of affordable, results-oriented training and coaching programs for you, your work team, or your entire organization if you're interested.

It's important to note a few things as you read this report. First, the Happiness Index™ is intended solely to serve as an informal guide on your quest towards greater focus, fitness and fulfillment. This personal development tool is designed to measure your current condition as it relates to the eight guiding principles set forth in the book *The 8 – Basic Elements to Greater Happiness, Health & Productivity*. So while this instrument offers you a clear and concise portrait of your alignment with the eight elements in the book, it isn't intended to measure your overall level of happiness in life, nor should it be used to predict your future state of well being...just so you know.

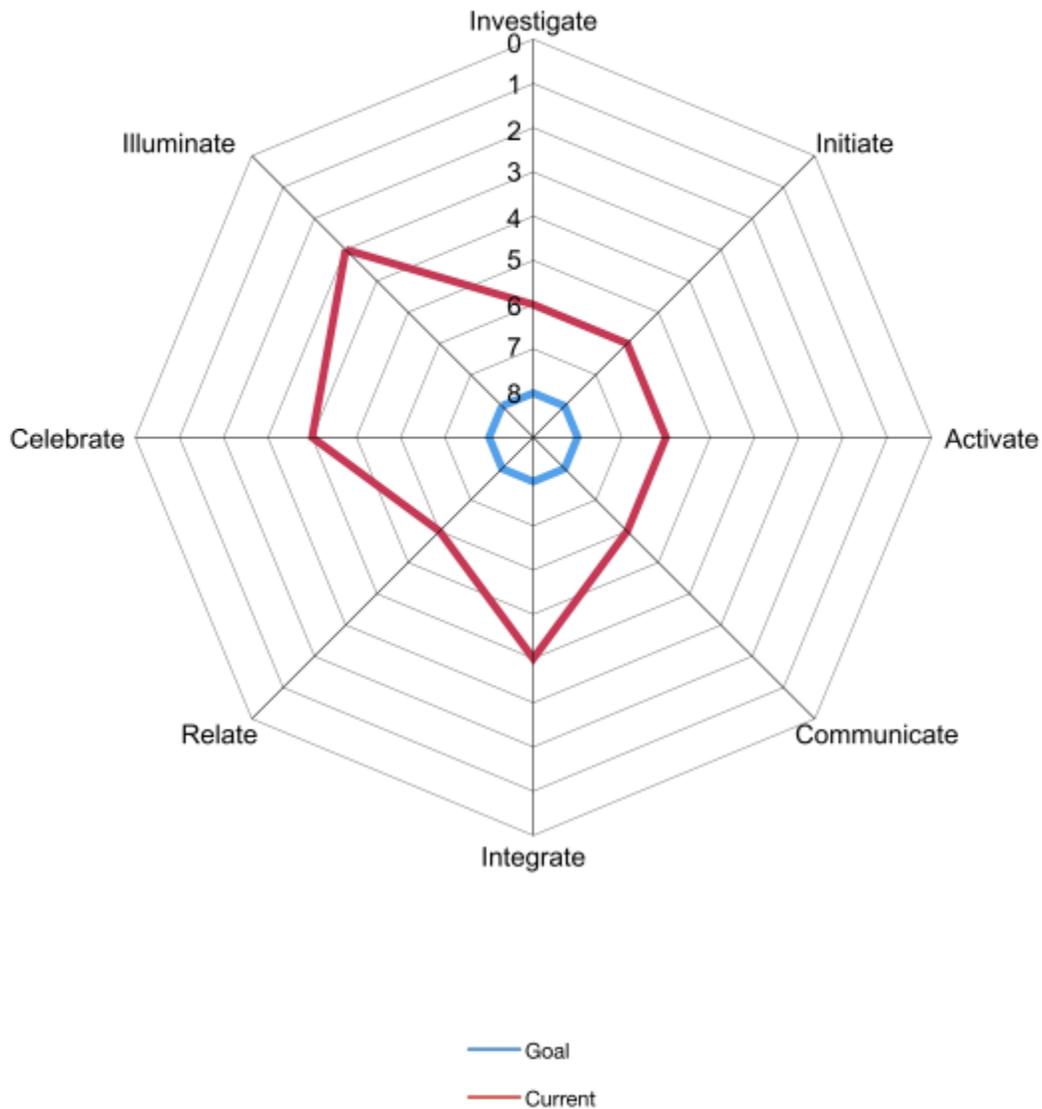
Also, you are encouraged not to treat the results as more than the specific beliefs it is intended to measure. So, for example, if you scored relatively low on the Happiness Index™ scale of COMMUNICATE, yet you feel like you share your expectations openly with most people, the scale score doesn't trump the reality of your day-to-day life. Maybe your score is indicative of a growth opportunity that exists when communicating with one particular person in your life right now. This discrepancy points to the less-than-perfect success of any survey measure, and not to anything about you.

Thank you for taking the Happiness Index™ at [livethe8.com](http://livethe8.com). Now...go **do what matters!**



## Your Hi-Graph

This graph depicts your scores in each of the areas measured in the Happiness Index™.



The greater the distance between a point on your current scale, and the center of the graph, the greater opportunity you have for personal growth in that area.

## Your “8” Results and Action Plan

This report lists your scores in the eight dimensions measured in the Happiness Index™. In each of the eight areas, you’ll find useful tips to apply immediately in order to remain in your ideal performance state. Space is also provided at the end of each section for you to write out the steps you intend to take immediately in order to achieve greater happiness, health and productivity.

### 1. INVESTIGATE

Discover your purpose.

Your Current Score: **6**

Your Target Score: **8**

When you are aware of your purpose – the reason you believe you’re here – you are filled with greater enthusiasm, commitment and motivation. You can stay connected to your purpose each day by:

1. Writing out your “Purpose Statement” on a sheet of paper and posting it on your fridge or in your workspace to serve as a constant reminder.
2. Aligning the tasks you have to accomplish every day with your bigger goals in life. You’ll likely get more things done and feel better about doing them!
3. Telling someone else about what really drives you. Sharing your purpose in life with another human being can be a positive and freeing experience.

Steps I can take now to free myself and discover my purpose:

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### 2. INITIATE

Start right now.

Your Current Score: **6**

Your Target Score: **8**

Beginning every task – each call, each email, each project, and every challenge you’re facing – with a positive mental attitude can go a long way to helping you achieve the outcomes you’re looking for. You can start right, right now, by:

1. Reading a passage from a motivational book each morning before you leave for work. This is a great way to start the day with power and positive energy.
2. Making a list of the things you want to do more, better and different today. Every day is an

opportunity to begin with a clean slate!

3. Letting go of yesterday's mistakes. Hold on to your faults long enough to learn what you have to learn from them, then free yourself of the excess baggage!

Steps I can take to adopt a positive mental attitude and start things right, right now:

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### 3. ACTIVATE

Leverage your strengths.

Your Current Score: **6**

Your Target Score: **8**

Focusing on what's right with you – your strengths and your limitless potential – is more likely to produce positive change than dwelling on your limitations. You can become more mindful of your talents by:

1. Making a list of the things you excel at and reviewing it periodically. Writing these out with a pen and paper (instead of using your computer) will help you really connect with your strengths.
2. Putting them into practice as often as possible. Seek out new ways (or revisit some existing activities) to showcase your unique skills.
3. Talking about them with other people. Consider where entering into more strengths-based discussions could be a welcome addition – at home and at work.

Steps I can take now to focus on what's right and leverage my strengths:

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### 4. COMMUNICATE

Say what's real.

Your Current Score: **6**

Your Target Score: **8**

A key ingredient in effective communication is appropriately expressing your expectations – saying what’s really going on. You can improve communication in the important relationships in your life by:

1. Considering where your needs are being met by someone and thanking them for fulfilling your expectations.
2. Exploring the expectations that others have of you and thinking about how you’re doing in meeting their needs.
3. Thinking about when and with who your communication might be “cluttered”, then evaluating how you can improve the dialogue.

Steps I can take now to improve my communication habits and say what’s real:

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## 5. INTEGRATE

Live your values.

Your Current Score: **4**

Your Target Score: **8**

By embracing your values and making them a priority, you are closer to becoming the person you’ve always wanted to be. You can live your values to the fullest by:

1. Taking out a piece of paper and writing at the top: “These are the things that are most important to me.”
2. Writing down whatever comes into your head – no matter how strange, amusing or scary it seems.
3. Reviewing the values you’ve just written, consider what each one means to you and think about how you can successfully incorporate each one into your daily life.

Steps I can take now to embrace what matters most to me and live my values:

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## 6. RELATE

Make meaningful connections.

You Current Score: **6**

Your Target Score: **8**

Establishing close personal and professional relationships paves the way to healthier collaboration and greater satisfaction. You can develop, maintain and enhance the most important relationships in your life by:

1. Connecting with like-minded people; those that share similar interests, talents and hobbies.
2. Recognizing that the development of more (and healthier) relationships in life boosts your resiliency; enabling you to handle stressful events and unexpected situations better.
3. Seeking out opportunities to interact with, and learn from, people who don't share your same beliefs, attitudes or experiences.

Steps I can take now to expand my horizons and make more meaningful connections:

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## 7. CELEBRATE

Remember your victories.

Your Current Score: **4**

Your Target Score: **8**

At the deepest level, to celebrate means to “give thanks”. Acknowledging your victories each day – even the smallest accomplishments – can bring you moments of joy you richly deserve! You can celebrate your fantastic feats by:

1. Keeping a “Victory Journal”. Write down your personal and professional gains in a pocket-sized notebook every day.
2. Reviewing your journal nightly to consciously connect with your achievements.
3. Sharing your victories with someone who matters.

Steps I can take now to humbly reflect on my accomplishments and celebrate my wins:

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## 8. ILLUMINATE

Help others win.

Your Current Score: **3**

Your Target Score: **8**

One of the most rewarding things you can do in life is help someone else achieve a victory. You can pass your life's lessons along to another person and help them realize their greatness by:

1. Performing one random act of kindness per week. Look for ways you can anonymously bring someone joy.
2. Ask if you can help, then apply one of your greatest strengths to a colleague's project. Then allow them to take the credit.
3. Remain open to the subtle opportunities that will present themselves where you can lend a helping hand – at work and in your personal life. The will come!

Steps I can take now to put my needs aside and help someone else celebrate a win:

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## Connect with Us

It's time to **CELEBRATE!** You've completed the Happiness Index™ and you're well on your way towards recapturing your joy, and focusing on the things that matter most in your life. You're now invited to connect with us via telephone or email to schedule a complimentary coaching session to process this report. Additionally, here are some other ways that you can integrate the key concepts of David Vittoria's book – *The 8 – Basic Elements to Greater Happiness, Health & Productivity* – into your personal life, to enhance your team's efforts or to align your employees with your organization's mission, vision and values...

### Keynote Address

Our mission is to help employees from top to bottom in your organization voluntarily and passionately execute on top business priorities, and pull together at the highest levels of effectiveness and teamwork. As a keynote speaker, David Vittoria motivates and inspires others by emphasizing the greater good that comes from “living the 8”; and he has a great track record speaking with hundreds of organizations and to thousands of individuals.

### Individual Coaching Program

A personalized coaching program is the ultimate medium to incorporate the basic elements of *The 8* into your daily life. In a one-on-one, custom-tailored coaching alliance, you can:

- Thoroughly assess how you view your personal strengths and behaviors
- Focus on applying positive rituals within your personal paradigm
- Set goals for practicing the skills that make you most effective
- Leverage your strengths to best achieve your goals

### The 8 Basic Elements to Greater Happiness, Health & Productivity

#### Purchase The Book

You can purchase copies of David's book online, directly through the publisher, by visiting the Walk the Talk website at <http://www.walkthetalk.com>. The book is available in print and digital formats and quantity discounts are available.

#### Invest in the Personal & Professional Development Kit

At the Walk the Talk website, you'll also find a “Success Kit” for The 8, which contains:

- The 8 – Basic Elements to Greater Happiness, Health & Productivity 4-minute motivational movie (great as a meeting starter or conference kick-off)
- Individual learning applications and personal action plans
- Group discussion questions and team learning exercises

**For more information, please call (800) 558-4308, or email us anytime at [solutions@livethe8.com](mailto:solutions@livethe8.com).**