

**From:** joyologist [joyologist@humour-resources.com]  
**Sent:** Tuesday, 22 January 2008 1:03 p.m.  
**To:** Samson Yau  
**Subject:** Glad Mail from the Joyologist  
**Attachments:** image003.jpg; image004.jpg

# Glad Mail

Issue 1 2008

Authored by Pat Armitstead



**The Surgeon General advises that this information could be beneficial to your health, wealth and sense of well being.**

**Please use the information only as directed and see your Doctor if you are not inspired and amused!**

**Welcome to 2008** and I hope this heralds an awesome year in business and in life for you! I have been studying the work of Dr Martin Seligman since 1980 when I read his book Learned Helplessness. Almost 30 years on he has written many others, now with the focus on Positive Psychology. I recently completed the Seligman Attributional Style Questionnaire (SASQ) with Jamie Ford from Foresight Institute. The questionnaire measures optimism and persistence levels under adversity, and I am pleased to be able to link you directly to the same experience.

**Now you can find out how optimistic you are**, and get a report that identifies the key factors you need to work on to increase your optimism, improve your attitude, and do better in life, work, and relationships. In over 1000, trials the people who get the higher scores do better, right across the spectrum, including sport, work productivity, health, and academic endeavours. But unlike IQ Optimism is learned, and like plastic you can mould it, shape it, and improve it.

**Contact The Foresight Institute, Regional Providers of Dr. Seligman's outstanding, research-based test at [www.foresight.co.nz](http://www.foresight.co.nz) to learn more**

**about how you can take the only test in the world that has proven the link between an Optimistic Attitude and Results. Tell Jamie Ford I sent you !**

### **Only today I was referred to this article!**

"Explain to me why residences for senior citizens permit and encourage pets and children to visit and why Aunt Mildred eats and sleeps better following that episode of touch. While you're explaining, explain personalized license plates, pet rocks, messages on T-shirts and car bumpers, humaninterest, talk shows on TV, potted plants, and monogrammed memo pads in work areas. Is it obvious to you, too? We insist on being individuals, on being human, and I applaud. Now, if we can educate management on this phenomenon, we can make the work unit more productive, more motivated, and more fun. This transition statement is very important. " To read the entire article go to

<http://www.maxwell.af.mil/au/awc/awcgate/au-24/gaylor.pdf>

### **Programs and Tours**

**I will be in Brisbane, Australia** from the 17th to the 24th of February and will have some availability for speaking engagements. *Please contact my office to secure bookings.*

**I will be in Taupo 6th March** with a half day workshop *Positive Psychology-Getting the most out of people*

*Creating an energised and motivated workforce* and am also presenting at the Her Business network in the evening of the same day.

**I am presenting at The Unfolding, an initiative of Sally Andersons, in Taupo March 7th to 9th.**

<http://www.maverickproductions.co.nz/wawcs0133555/tn-event-calendar.html> for more details and to register

**I am touring 4 centres- Dunedin 12<sup>th</sup> March , Christchurch 13<sup>th</sup> , Auckland 18<sup>th</sup> and Wellington 19<sup>th</sup> with Smartnet** – contact the office for details

**I am touring Russia with Patch Adams - 1st to 16th November** - for free report on my last tour, or to indicate expressions of interest in joining me hit reply and type Patch in subject line

### **Forthcoming public programs**

**Stress Humour and Health** - Auckland University May 18th and 19th - in its 4<sup>th</sup> year! Book early as this program is always a sell-out

**Hope Seminar series** -6 week series one night a week - beginning 25<sup>th</sup> February 2008

**Laughter and Joy club** - monthly meetings - dates to be confirmed

**Dates for the Good Grief Seminars** will be announced soon

**Body casting with Plaster of Paris** - face masks- 1<sup>st</sup> and 2<sup>nd</sup> March, 28th,29th June, 2<sup>nd</sup> and 3<sup>rd</sup> August, 25th,26<sup>th</sup> October

**American Indian Talking Stick** - 16<sup>th</sup> March, 21<sup>st</sup> June

*For information on any of these programs type the name in the subject line and hit reply*

**Anybody interested in forming a Virtues Group** please be in touch for more information.

### **NEW!**

This is FREE for all artists and creative people looking for an avenue to market their work.

[www.exhibitonline.co.nz](http://www.exhibitonline.co.nz)

There is no charge to place your art for sale and we are going to build a high profile active site to reflect a high calibre of New Zealand art. There is a commission on sales and most of the proceeds are going to StepUp Foundation charity. This is an alliance with Jody Jelas.

### **Sandy Forster**

I would also like to let you know I have found an excellent resource of information, downloads and regular teleseminars, most of **which don't cost a thing!** The site is run by Sandy Forster, a leading prosperity mentor, and she shares many techniques and ideas I know you will find useful immediately!

Please take a look and if you get the time let me know what you think?

Sandy is currently offering a special report so take a look now:

<http://www.1shoppingcart.com/app/?af=718475>

### **Books**

I have been privileged the last few years to be in good company! Michael Hill, Debbie Tawse, Georgina beyer, Annah Stretton, and more. I am featured with them and others in the following books :-

**Woman 2 Woman** by Amanda Ellis and June McCabe -

[www.westpac.w2w.co.nz](http://www.westpac.w2w.co.nz)

**Silver Linings on the Long White Cloud** by Chris Dodds

**My own book "Humour Works"** at \$29.95 plus \$3 p&h

**PLUS THE SECRET DVD \$60 plus \$3 p&h**

*The last 2 Available from our office at \$29.95 plus \$3 p&h*

**As an affiliate of the Secret to Getting Rich program** I can offer you a home study package that will change your life. The last 12 months I was the recipient of so much synchronicity and support to move forward I would love to share this with you. You can join me Tuesday evenings at a FREE Bob Proctor seminar Contact me for venue details, and you can also view the program on [www.wealth.joyology.co.nz](http://www.wealth.joyology.co.nz)

Yours in humour, joy and creativity

Pat Armitstead  
Joyologist

**PS**

**In gratitude I wish to acknowledge the following for their contribution to my 2007 successes! Sally Anderson** for coaching and alliance partnership, **Di Cotton** from XL Results for your encouragement and support, **Linda Proctor** for her book " Does your DNA create your wealth?", **Rob Nixon** for his 7 keys to business success program , **Rosemary Teed** for the complimentary " You were born rich " program, **Dr John Demartini** for the Breakthrough Experience, **Liz York** from Men, Women and Grief for support and the alliance partnership, **Caroline from Wisdom Seekers** for networking and communication support, **Janice Davies** the Attitude specialist for the the joint ventures, **Greg, Diane and Jody Jelas** for alliance and business support, **Dr Robin Youngson and the Centre for Compassion** in honour of its inaugural year, **The Sales and Marketing Institute NZ** for its mammoth year !, and **Richard Gee** from Geewiz .



"Don't ask yourself what the world needs. Ask yourself what makes you come alive, and go do that, because what the world needs is people who have come alive." - John Eldredge

**Watched "The Secret"? Learn how I used it... [www.wealth.joyology.co.nz](http://www.wealth.joyology.co.nz)**