

# Choosing Brilliant Health, the FOSTER/HICKS 9 Principle Model

Lecture given by Greg Hicks on January 31, 2011 | [www.choosetobehappy.com](http://www.choosetobehappy.com) | [Fosterhicks@gmail.com](mailto:Fosterhicks@gmail.com)

**Leadership Consultants and sociologists Rick Foster and Greg Hicks researched happy people.**

**They traveled around the world and asked in ever town who is happy? The original idea was to write a book "The secrets of a 100 happy people". Everyone said the same thing and behaviorally they were doing the same thing. Dedicating the last 15 years to studying people who thrive, Rick and Greg developed the Foster/Hicks model of 9 principles, a proven system for higher quality of life, better job performance and effective stress management. This handout is a very brief summary of these 9 principles.**

## Three Books written by Foster / Hicks:

1. How We Choose to be Happy (Putnam 1999)
2. Leader Shock And How to Triumph Over It (McGraw-Hill 2003)
3. Choosing Brilliant Health (Penguin 2008)

## Patients, who do these 9 things, get better. Your mind and attitude have a tremendous impact on your health.

**1. Intention:** Harvard Business School model for right answer: Greg has us all arm wrestle and says whoever wins, gets a \$1000. If we both TRUST each other, we can make more money. This exercise is done to highlight the notion of intention. An intention is an attitude or behavior. To win is **not** an intention but a goal. Point: Whatever our intention is, is what is driving the show. **Set your intention.** When going into a meeting think... **is this a time to listen or to speak?, what is my best choice?** By setting a good intention, the idea gets ingrained in the brain. If you repeat something over and over the brain develops neural connections for that intention. Think about different (more positive) intentions. Maybe you are on an airline that you don't enjoy and all you think about is all the bad things about that airline. As you begin your check in you are already thinking "this is going to be a bad experience" Try setting another intension... be creative. What is my intention and how can I replace it with another one. Then, "State your intention" say it out loud and hear it before you start your day, engage in meeting, talk to a loved one, or do your exercises *Happy people intend to be happy!* They have a conscious dedicated intention to look for the gold. As a daily ritual, before getting out of bed, they may think about something to be excited about, for the day. **What do I have in my day/life to be positive about?**

**2. Accountability:** when Greg was doing his research in "happy people" he was told that he needed a control group: miserable person. He placed an ad and lots of people showed up. The more they say they are unhappy, the more they see themselves as a **victim**. Blame only keeps you stuck in your resentment. Health studies: when patient is in a blame place, their body **can't heal**. The best leaders and happy people say, ok this didn't work **SO what can I do to make it better?** Employees who are unhappy talk and erode themselves. Stuck in trap that leads to victimhood... triangulation.

**3. Identification:** Happy people have identified what they **love to do**. When you ask them what they love, they are like a Racehorse out of the gate. They can talk for hours about it.

**4. Centrality:** They have made these things they have identified, **central** to their life. If they love skiing, they go skiing.

**5. Recasting:** Describes the way we move through **trauma**. Happy people go through these 3 steps with trauma: 1. go into negative feeling 2. They find **Meaning**, they look for what they can learn from the trauma 3. They find **Opportunity**. They do not look at themselves as a victim.

**6. Options:** Happy people break the rule of corporate America that we "Need realistic timely goals". We often set ourselves up for disappointment. Happy person will say: Every day I am open to **all the possibilities** to get to the goal!

**7. Appreciation:** Happy people **express appreciation for themselves and others around them**. Greg told us a story of a girl who had stomach pains that came on whenever she felt stressed. To help fix the pain she called her mom and her mom would flood her with all the reasons she was appreciated. Her stomach pains would go away. People who are sick and in pain **NEED to feel appreciation for themselves and others. This is a very powerful way to get better faster.**

**8. Giving:** Happy people give without expectations of receiving back. If you think something good of someone, tell them. If you want something from someone, you **GIVE** it first.

**9. Truth:** Happy people tell the truth.

All these play off of one other. Healthy Happy People are intentional, they state it, they are accountable, open to lots of options, appreciate, and give first.

**We're in the treasure chest and we have the opportunity to find the goal. We can't always choose our circumstances but we can choose our intention. Intend to be happy & healthy!**



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