

## FISH! Video

FISH! is a set of interconnected principles for living and working.

1. Explain the following quotations from the video. Think about the FISH! principles mentioned.

" Any job can be boring if you make it boring but if you make it fun..."

"If you love your job, it's going to show and obviously going to affect somebody."

"Being there means listening carefully, without judgement or interpretation to the message in the words that are being said. This is not easy because judgements and assessments are automatic and habitual. It takes getting out of our own world to be there in the world of another person."

"I don't want to wake up at quarter to six every morning but you know, I have to. Are you going to be upset all day or are you going to be happy all day, you know, I mean, not necessarily all day but for the most part"

### Four Principles

- ❖ Play
- ❖ Make their day
- ❖ Be there
- ❖ Choose your attitude

2. What benefits might you experience if you followed the FISH! principles?

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3. How could a workplace benefit if the FISH! principles were followed?

4. What is one thing that you can do to live FISH! principles this week?