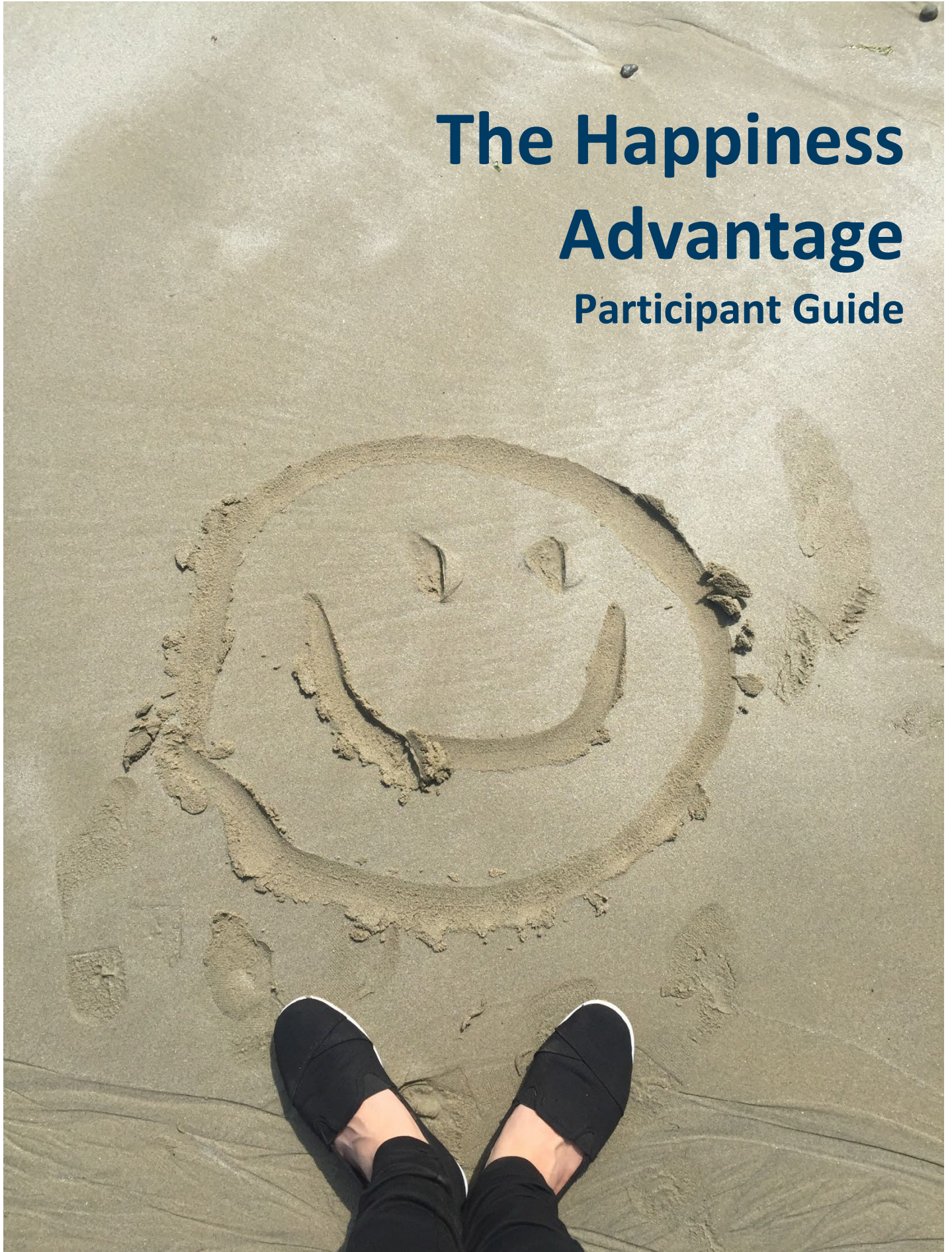


The Happiness Advantage

Participant Guide



Shawn Achor-The Happiness Advantage: The Seven Principles of Positive Psychology that Fuel Success and Performance at Work

https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work/

Happiness Traps

If: _____

Then: _____

Jell-o at Lunch Activity

Write out 3 happiest moments you've had/what currently makes you happy

1. _____

2. _____

3. _____

What can you do in your life?

Use the space below to write out how you can improve your life to make it happier and more productive:

What can you do?	When can you do it?

Three Things Activity

Write out 3 things you are grateful for:

1. _____
2. _____
3. _____

Losada Line – 3 to 1 ratio for successful teams

What can I do to improve my number of positive interactions:

Capitalizing on the Happiness Advantage

These things have been shown to help permanently raise our happiness level.

- Meditate
- Find Something to Look Forward To
- Commit Conscious Acts of Kindness
- Infuse Positivity Into Your Surroundings
- Exercise
- Spend Money (but not on stuff)

Resources

Gratitude Journal, Affirmation App



Headspace Guided Meditation App - www.headspace.com

Homework- Signature Strength

Even more fulfilling than using a skill is exercising a strength of character, a trait that is deeply embedded in who we are. A team of psychologists recently catalogued the 24 cross-cultural character strengths that most contribute to human development. They then developed a comprehensive survey that identifies an individual's top five, or "signature strengths" Go to www.viacharacter.org and take it for free. Try to incorporate at least one of them into your life each day.

Notes
