



THE POWER OF HAPPY

A 21-DAY CHALLENGE

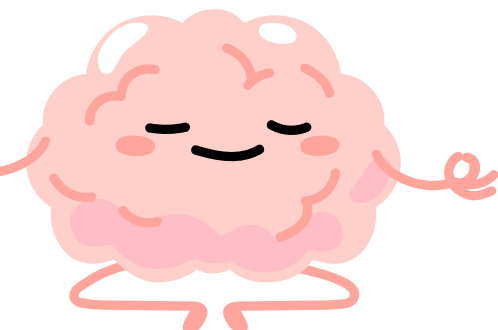
There are proven ways we can improve our moods and raise our levels of happiness and resiliency throughout the day. Each activity listed below not only gives us a quick boost of positive emotions, improving our performance and focus in the moment; but if performed habitually over time, each has been shown to help permanently raise our happiness baselines - and our overall health and wellbeing!

These happiness boosters are based on *The Happiness Advantage* by Shawn Achor: meditation, finding something to look forward to, committing conscious acts of kindness, infusing positivity into your surroundings, exercising, and spending money (not on stuff).

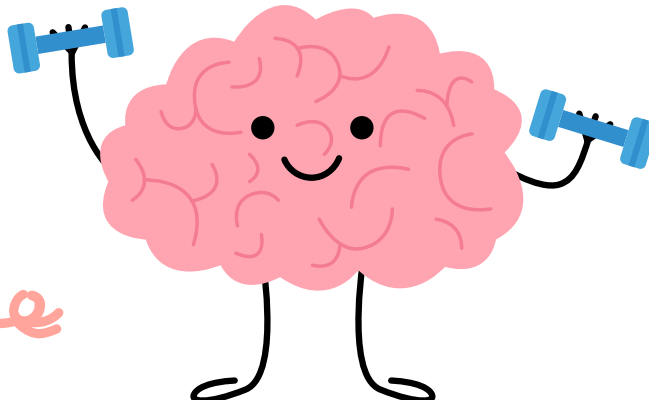
Challenge Overview: Participants note their overall happiness baseline level on Day 1 of the challenge. Participants then implement a technique of their choice and record it below for the next 21 days. At the end of the challenge, participants note their overall happiness baseline level again.

CONSCIOUS ACTS
OF KINDNESS

MEDITATION



SPENDING MONEY
(NOT ON STUFF)



EXERCISING

INFUSING
POSITIVITY



FINDING SOMETHING
TO LOOK FORWARD TO



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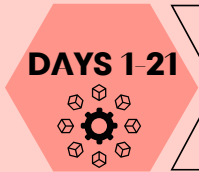
THE CHALLENGE:



Note your overall happiness baseline level on day 1 of the challenge.

My happiness level (on a scale of 1-10 with one being very unhappy and 10 being extremely happy.)

Beginning Happiness Level on Day 1: _____



Implement a happiness booster of your choice & record it for the next 21 days.

Note: You must try each technique at least once over the 21-day challenge.



At the end of the challenge, note your overall happiness baseline level again.

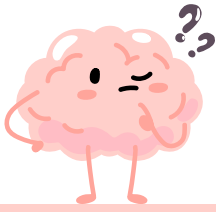
My happiness level (on a scale of 1-10 with one being very unhappy and 10 being extremely happy.)

Ending Happiness Level on Day 21: _____



HAPPINESS IS A STATE OF MIND:

Happiness is a choice that we make every day, and it's based on our actions.



THE POWER OF **HAPPY** A 21-DAY CHALLENGE

THE HAPPINESS BOOSTERS

There are proven ways we can improve our moods and raise our levels of happiness throughout the day. Each activity listed below not only gives us a quick boost of positive emotions, improving our performance and focus in the moment; but if performed habitually over time, each has been shown to help permanently raise our happiness baselines.

Happiness is subjective, so it will be different for everyone and what works for one person may not work for another person. So if these happiness boosters don't work for you, try other things that may work for you: talking with a friend, dancing to music, and so on.

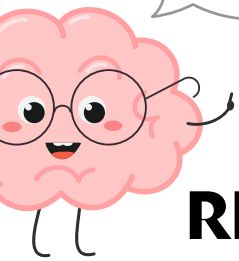
These happiness boosters are based on *The Happiness Advantage* by Shawn Achor.

1. **Meditate:** Meditation has been proven to be one of the most powerful happiness boosters. It also promotes many stress reducing and calming effects on the mind and body. **How to:** simply watch your breath go in and out. If you find your mind is wandering to other thoughts, simply bring it back to the breath. Try this for at least 5 minutes to begin.
2. **Find something to look forward to:** Did you know looking forward to a reward can light up the pleasure centers in your brain as much as the actual reward? **How to:** Find something to look forward to: a vacation, an outing with a friend. Put it on your calendar and spend time thinking about it.
3. **Commit conscious acts of kindness:** Giving to friends and strangers decreases our stress levels and contributes to enhanced mental health. **How to:** perform five acts of kindness to friends and strangers. You must do these things deliberately and consciously. Hold the door open, pay for someone's coffee, write a short and positive note to someone.
4. **Infuse positivity into your surroundings:** Our physical environment has a tremendous impact on our happiness. **How to:** hang up pictures of loved ones at your office or other inspiring pictures and look at them each day, try watching less TV (especially violent TV), and take time to go outside (20 minutes outside in nice weather has been proven to boost your mood).
5. **Exercise:** Exercise not only releases feel-good chemicals called endorphins, but also boosts our mood and reduces stress while allowing us to get into flow. **How to:** Do whatever you enjoy! Walk, bike, play with your kids.
6. **Spend money (not on stuff):** Spending money on experiences with other people creates meaningful and lasting positive emotions. When we spend money on things such as clothing or accessories, the happiness is usually fleeting. **How to:** spend money on an experience, ideally with other people (dinner, concert, sporting event, wine tasting, snowshoeing excursion, couples massage).
7. **Your happiness choice:** Think about other things that boost your happiness and practice it. Maybe that's taking time to create, cook, garden, dance, write, or organize your closet. Whatever that may be, do it!

Tip: Record the initials or number of the booster



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RECORD YOUR HAPPINESS BOOSTERS

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21



WIN A PRIZE!

If you complete techniques on at least 19 of 21 days you will be entered into a prize raffle for _____.

Submit your completed tracking sheet to _____ by the deadline of _____.

NAME: _____

EMAIL: _____