

# TOP THREE POSITIVE PSYCHOLOGY EXERCISES

Here are three proven psychology exercises that increase happiness, getting you results in just one week. Try all three exercises, and notice how they affect your mindset, and ultimately, your actions.



## THREE BLESSINGS

1. Before you go to bed, write down three good things that happened during the day.
2. Then, write down why each of them happened.
3. Think about the impact these positive events had on your day. How would your day have gone if they didn't happen?
4. Identify three strategies for continuing to live in a state of thankfulness, manifesting more positivity.
5. Write down each time something good happens, or actions you take to make a bad situation good.

## GRATITUDE VISIT

1. Think of someone who has done something kind for you who you've never properly thanked.
2. In a letter, write down exactly what they did and the specific effect it had on your life.
3. Write and rewrite it multiple times. Make it powerful and concise.
4. Handwrite the letter or use calligraphy – be creative.
5. Meet the person face to face, and read them the letter. Don't forget to bring tissues – tears may flow.

## USE YOUR SIGNATURE STRENGTHS IN NEW WAYS

1. Review the list of 24 signature strengths on the next page.
2. Think of ways you already use your signature strengths.
3. Brainstorm ways you can use them even more, writing down specific actions you can take.
4. Commit to using your strengths in new ways this week.
5. Carry a small notebook with you and write down each time you complete an action that utilizes your signature strengths. Share with a friend.



**HUMOR**  
**OPEN-MINDEDNESS**  
APPRECIATION OF BEAUTY AND EXCELLENCE  
**KINDNESS**  
**GRATITUDE**  
LOVE OF LEARNING  
FORGIVENESS & MERCY  
**CURIOSITY** PRUDENCE SPIRITUALITY  
SOCIAL INTELLIGENCE  
**CITIZENSHIP** **INTEGRITY**  
PERSPECTIVE **LEADERSHIP**  
HUMILITY & MODESTY  
**VITALITY**  
HOPE  
♥

**BRAVERY**  
SELF-REGULATION  
**PERSISTENCE**  
**LOVE**  
**CREATIVITY**  
**FAIRNESS**

For more information, visit: <http://geti.in/1d2PwFO>  
Adapted from: [www.authentic happiness.com](http://www.authentic happiness.com)