

Creating Greater Satisfaction at Work and Home: 4 steps, 21 days.

WHAT WE THINK, WE ARE..



“Researchers found there are ways that you can train your brain to become more positive. **In just a two-minute span of time, 21 days in a row**, you can actually rewire your brain, allowing your brain to actually work more optimistically and more successfully.”

Take a few minutes each day to practice this **21 Day Positivity Challenge**.

“By practicing these 4 steps, you are training your brain just like you train your body. You can

You can't live a positive life with negative mind.

reverse the formula for happiness and success, and in doing so, create ripples of positivity and greater satisfaction.” *Shawn Achor*



Step 1. Watch this 13 minute TED.com talk: Shawn Achor: The Happy Secret to Better Work:

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

Step 2. Gratitude thoughts: 21 days in a row, write down three *new things* that you are grateful for. (*Different things daily.*) You may record them on paper or in your phone.



Step 3. Positive Experience: Each day for 21 days write about one positive experience you've had over the past 24 hours. This allows your brain to relive it and teaches your brain that your behavior matters. If preferred, you may audio record or use an app.



Step 4. Gratitude Sharing: Write one positive email, text or one hand written message praising or thanking somebody in your support network, each day for 21 days. Practicing conscious acts of kindness, establishes a new habit that opens and fills your heart.

Shawn Achor is the winner of over a dozen distinguished teaching awards at Harvard University, where he delivered lectures on positive psychology in the most popular class at Harvard. He is the CEO of Good Think Inc., a Cambridge-based consulting firm which researches positive outliers -- people who are well above average -- to understand where human potential, success and happiness intersect. Based on his research and experience at Harvard, he clearly and humorously describes to organizations how to increase happiness and meaning, raise success rates and profitability, and create positive transformations that ripple into more successful cultures. He is also the author of *The Happiness Advantage*.