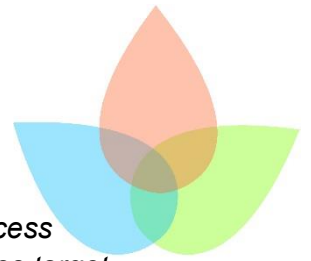


Happiness Reset



“Every time your brain has a success, you just change the goal post of what success looks like. You got a good job, now you have to get a better job. You hit your sales target, we’re going to change your sales target. And if happiness is on the opposite side of success, your brain never gets there. What we’ve done is we’ve pushed happiness over the cognitive horizon as a society.” - Shawn Achor, author of The Happiness Advantage

Achor’s research finds that *“your brain at positive performs significantly better than it does at negative, neutral or stressed.”* He has developed the “21-Day Challenge” in order to train our brains to be more positive by changing the pattern through which our brains view work. He studied these five habits and found benefit after consistent application over 3 weeks, thanks to the neuroplasticity of our brains.

Ready to challenge yourself? Choose *just one* of these five habits. Commit to doing it for the next 21 days. Set a reminder to help you follow through.

- Three Gratuities:** Take note of three new things each day that you are grateful for. This retrains your brain to scan the world for not only negative inputs but also more positive ones.
- Journaling:** Write down one positive experience each day. This helps establish meaning in the activities of the day, rather than only the effort of the task itself.
- Exercise:** Exercising for 10 minutes a day reinforces to your brain that your behavior matters, which then influences other activities you engage in.
- Meditation:** Take just two minutes per day to simply breathe and focus on your breath. This trains your mind to focus, reduce stress, and be more present in this moment.
- Random Acts of Kindness:** One simple act every day, like writing a positive email to praise or thank someone. In addition to boosting the happiness of the recipient, it deepens your feeling of social support.

Set a reminder to help you follow through, have what you need ready where you’ll be for that activity, if it’s a journal next to your bed or sneakers by the door. Don’t let missing a day derail you! Resume your reset the next day, and at the end of your 21 days review your 8 Aspects of Life Balance, the Satisfaction with Life Scale or another way to measure your current frame of mind from the place where you began.

So, which will you choose? If you like, you can use this table to check off each day that you complete your exercise. *I’ve added extra rows just in case you decide to repeat the reset and make your new practice a habit!*

