

## *The Happiness Advantage*

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Shawn Achor is a psychologist at Harvard University and the author of the popular book, *The Happiness Advantage*. He points out that simple exercises for changing one's outlook can make a powerful impact on an individual's success and well-being. After listening to Achor's video, identify the small change(s) that resonate most with you for increasing your capacity for happiness. Explain why you chose your choice(s) and how you plan to incorporate it/them into your daily practice.

### **3 Gratitudes**

Benefit: Allows your brain starts to retain a pattern of scanning the world not for the negative but for the positive first

### **Journaling**

Benefit: Allows your brain to relive positive experiences

### **Exercise**

Benefit: Teaches your brain your behavior matters

### **Meditation**

Benefit: Allows your brain to get over the culture of multi-tasking we have created and allows us to focus on the task at hand

### **Random Acts of Kindness**

Benefit: Trains your brain to think of the impact of others on your life