

**is it possible to**

**LEARN TO BE**

**HAPPIER**

**and to do it in**

**21 DAYS**



our brain receives

**11 MILLION MEGABYTES**  
of data per second,

we use

**only 40 megabytes** per second  
of this data

this means that for each of us  
the world we live in is  
determined by what  
we focus on...

**DO I PUT ALL MY FOCUS  
ON WHAT HAS GONE  
WRONG FOR ME OR  
DO I FOCUS ON THE  
OPPORTUNITIES  
I MIGHT HAVE?**



surely people who win the lottery are happier than the rest of us?

research found that there was no significant difference between people's rates of happiness - one year after - they had either won the lottery (USA) or became paraplegic after an accident.

**this shows how it is  
not our circumstances but  
WHAT WE MAKE OF THEM  
that impacts on our  
long-term happiness**

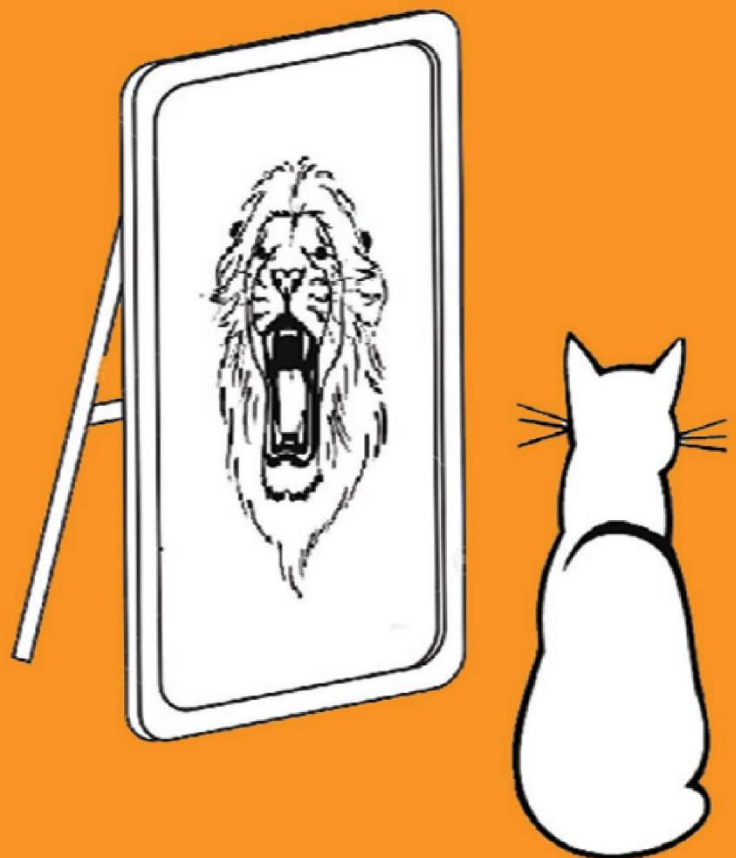




research indicates that only

**10%** of our long-term happiness can be predicted by our external environment, i.e., a lottery win, having a great job, owning a great car.

**90%** of our long-term happiness is predicted by how we process our external world



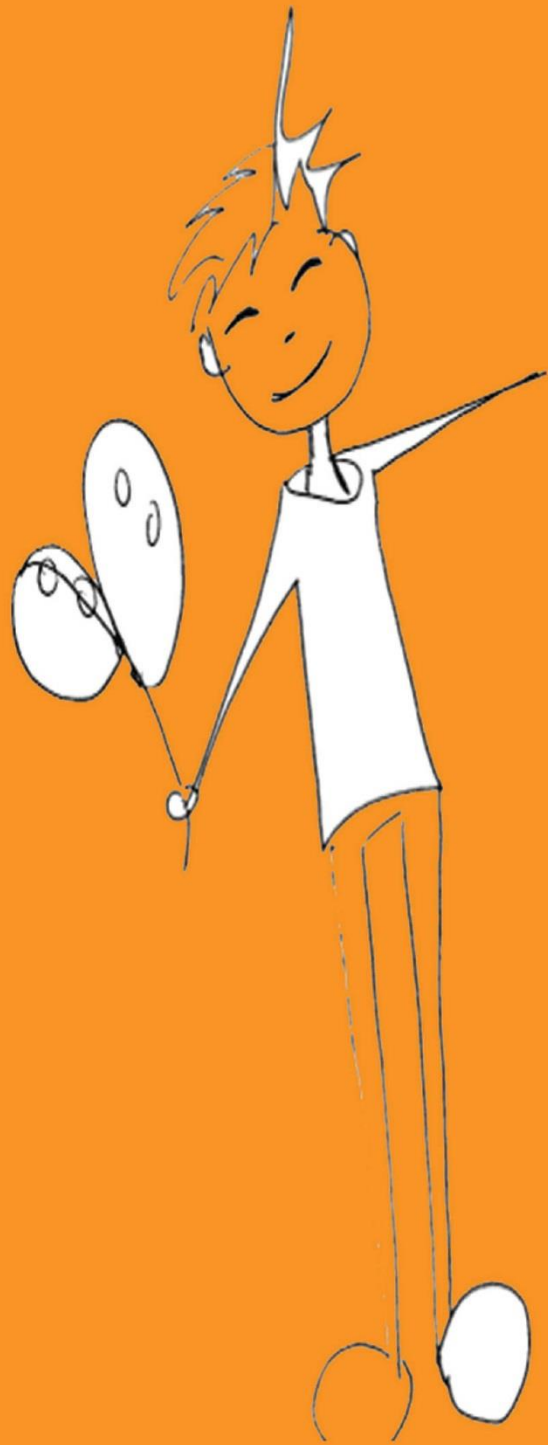
**happiness  
is often confused with  
the feeling of pleasure...**

**but pleasure is  
short lived,  
like a bar of chocolate  
it disappears  
too soon**



# **happiness**

**has been described by one researcher as  
A WORK ETHIC**



**happiness is  
not believing  
"we don't need  
to change"**

**HAPPINESS  
IS BELIEVING  
THAT  
  
WE CAN  
CHANGE**

**(Shawn Achor)**



# 21 DAYS

**Our behaviour matters to our mental health...**

**We can prime  
our brain to be  
more positive**



**Research says that doing one of these tasks every day for 21 DAYS is associated with improved mental health (Achor 2011)**

**Every day take 2 MINUTES to:**

- Write down 3 things you are grateful for ✓
- Write a positive message (an email or text) to someone in your social circle ✓
- Meditate for 2 minutes ✓
- Exercise for 10 minutes ✓
- Take 2 minutes to write down the most meaningful experience you had over the past 24 hours ✓

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