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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Bibliography


