

**Is it possible to LEARN TO BE  
HAPPIER and to do it in  
21 DAYS?**

# We can prime our brain to be more positive



Our brain receives  
**11 MILLION MEGABYTES**  
of data per second.

**This means that  
the world we  
live in is  
determined by  
what we choose  
to focus on.**

Do I choose to  
focus on what has  
gone wrong for  
me?



Or do I choose  
to focus on the  
opportunities I  
might have?

Are people who win the lottery 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 experienced winning the lottery or became injured after an accident.**

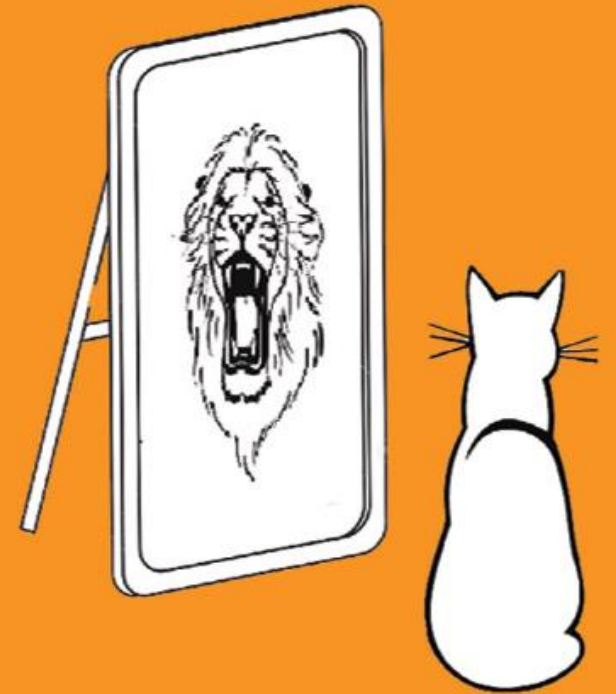
Surely the people  
who win the lottery  
are happier than  
the rest of us?

**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 predicated by  
our external  
environment i.e.  
A lottery win, or a new car etc..

**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**



Research says that doing one of these tasks every day for **21 DAYS** is associated with improved mental health (Anchor 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. ✓
- Take 2 minutes to write down the most meaningful experience you had over the past 24 hours. ✓
- Exercise for 10 minutes. ✓

Happiness has been described  
**AS A WORK ETHIC**  
of data per second.

# Happiness is..

**Not** believing we do not need to change  
but believing that we can change!

Shawn Achor



## Bibliography

Achor, S. (2011, September 19). Shawn Achor at the UP Experience 2010.

Retrieved from YouTube: <https://www.youtube.com/watch?v=CNsZM94vrP0>

Achor, S. (2011). *The Happiness Advantage: The seven Principles of positive Psychology that Fuel Success and Performance at Work*.

London: Virgin Books.

Achor, S. (2011, May). The Happy Secret to Better Work. Retrieved from TED Talks:

[https://www.ted.com/talks/shawn\\_achor\\_the\\_happy\\_secret\\_to\\_better\\_work?language=en](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en)

Achor, S. (2012, January). Positive Intelligence. Retrieved from Harvard Business Review: <https://hbr.org/2012/01/positive-intelligence>

Achor, S. (2013). *Before Happiness: Five Actionable Strategies to Create a Positive Path to Success*. London: Virgin Books.

Achor, S. (2014, January 23). Before Happiness. Retrieved from Talks at Google: YouTube: <https://www.youtube.com/watch?v=Muce2TxDIMw>

Cooper, B. B. (2011, November 11). 10 Simple Things You Can Do Today That Will Make You Happier, Backed By Science. Retrieved from Huffington

Post: [http://www.huffingtonpost.com/belle-beth-cooper/10-simple-things-to-be-happy\\_b\\_4241824.html](http://www.huffingtonpost.com/belle-beth-cooper/10-simple-things-to-be-happy_b_4241824.html)

Cutts, M. (2011, March). Try Something New for 30 Days. Retrieved from TED talks:

[https://www.ted.com/talks/matt\\_cutts\\_try\\_something\\_new\\_for\\_30\\_days?language=en](https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days?language=en)

Dolan, P. (2015). *Happiness by Design: Finding Pleasure and Purpose in Everyday Life*. London: Penguin.

Duhigg, C. (2014). *The Power of Habit: Why we do what we do in life and business*. New York: Random House Trade Paperbacks.

Foggs, B. (2012, December 5). Forget big change, start with a tiny habit. Retrieved from TEDx Talks: YouTube:

<https://www.youtube.com/watch?v=AdKUJxjn-R8>

Gilbert, D. (2004). The Surprising Science of Happiness. Retrieved from Ted Talks:

[https://www.ted.com/talks/dan\\_gilbert\\_asks\\_why\\_are\\_we\\_happy?language=en](https://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy?language=en)

Kahneman, D. (2013). *Thinking, Fast and Slow*. New York: Farrar, Straus and Giroux.

Silverman, M. N., & Deuster, P. A. (2014). Biological Mechanisms underlying the Role of Physical Fitness in Health and Resilience. *Interface Focus* 4.

Switzler, A. (2012, December 2012). Change Anything: Use skill power over Willpower. Retrieved from TEDx: [http://tedxtalks.ted.com/video/Change-](http://tedxtalks.ted.com/video/Change-anything-Use-skillpower)

[anything-Use-skillpower](http://tedxtalks.ted.com/video/Change-anything-Use-skillpower)