



# CREATING INDIVIDUAL HAPPINESS

## *Building Habits That Boost Your Mood*

Shawn Achor's research indicates that when employees provide positive social support to others, they:

- Are 40% more likely to receive a promotion in the following year.
- Report significantly higher job satisfaction
- Feel 10 times more engaged by their jobs than people who score in the lowest quartile.

These numbers show us that happiness can fuel success. You can learn to boost and sustain your happiness through researched strategies, helping you raise your levels of happiness and success in every aspect of your life.

In this Learning Sprint, you will:

- Assess your current level of happiness.
- Train your brain to think differently about challenges
- Practice happiness strategies that you can implement daily.
- Create an action plan to increase your level of optimism.

Developed in partnership with:



### OUTCOMES

- Achieve a more positive mindset
- Create a 21-day action plan to build positive habits
- Develop a framework to improve energy, emotional and physical health, job performance, and optimism levels

### YOU WILL

- Explore the importance of happiness and its relationship to success
- Understand the research and science behind using happiness as an advantage
- Put theory to practice and increase individual happiness and productivity

### ABOUT THE EXPERT



#### SHAWN ACHOR

- *International bestselling author of The Happiness Advantage*
- *Featured in Harvard Business Review, The New York Times, Boston Globe, Forbes, CNN, FOX News and NPR*
- *Founder of Good Think, Inc.*

## SPRINT OUTLINE

DAY 1	REFRAMING HAPPINESS	DAY 2	RAISING YOUR HAPPINESS LEVELS	DAY 3	TRAINING YOUR BRAIN	DAY 4	DEVELOPING NEW LIFE HABITS	DAY 5	INTERACTIVE CAPSTONE
<ul style="list-style-type: none"> <li>• The Impact of Happiness</li> <li>• The Greatest Predictor of Happiness</li> <li>• Reconnecting With a Friend From Work</li> <li>• Share a Best Practice</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluating Your Current Happiness Level</li> <li>• Neuroplasticity Makes Change Possible</li> <li>• Changing Performance by Changing Your Mindset</li> <li>• Creating New Brain Patterns</li> <li>• The Gratitude Experiment</li> </ul>	<ul style="list-style-type: none"> <li>• Becoming More Resilient</li> <li>• Getting Our Brains to Make Better Decisions</li> <li>• How the Dueling Brain Impacts Our Work</li> <li>• Applying the Zorro Circle Principles</li> <li>• Establishing Your Locus of Control</li> </ul>	<ul style="list-style-type: none"> <li>• Happiness Is a Choice</li> <li>• How Has Your Thinking Evolved?</li> <li>• Why Willpower is Not the Way</li> <li>• Taking Action</li> </ul>	<ul style="list-style-type: none"> <li>• Options include Video Response, Online Discussion, or Live Event</li> <li>• Cohort members and expert(s) exchange ideas about content significance, application, and follow through</li> </ul>					