A QUICK GUIDE TO

POSITIVE PSYCHOLOGY

POSITIVE PSYCHOLOGY
is founded on the belief that people want to lead
MEANINGFUL & FULFILLING LIVES, to
CULTIVATE WHAT IS BEST WITHIN THEMSELVES,
and to enhance their experiences of
LOVE, WORK, & PLAY.

HAPPY PEOPLE

SONJA LYUBOMIRSKY

40% SOLUTION
EXPERIENCE FREQUENT POSITIVE EMOTIONS
HAPPINESS IS SUBJECTIVE

POSITIVITY

- 50% SET POINT / GENETICS
- 10% CIRCUMSTANCE
- 40% WHAT YOU THINK & DO

10 PRACTICES OF HAPPINESS

1. ATTITUDE
2. CONNECTION
3. MEANING
4. CREATIVITY
5. GRATITUDE
6. MINDFULNESS
7. HEALTH
8. RESILIENCE
9. SPIRITUALITY
10. GIVING BACK

TRADITIONAL WISDOM:
Success → Happiness

REVERSE the MINDSET
Happiness → Success

You have to TRAIN YOUR BRAIN TO BE POSITIVE just like you WORK OUT FOR YOUR BODY

- S. Achor