

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.

NOTABLE SCHOLAR

HAPPY PEOPLE

EARN

more

CREATE

more

GIVE

more

PRODUCE

more

NEGOTIATE

more

RELAX

more

HELP

more

LIVE

more

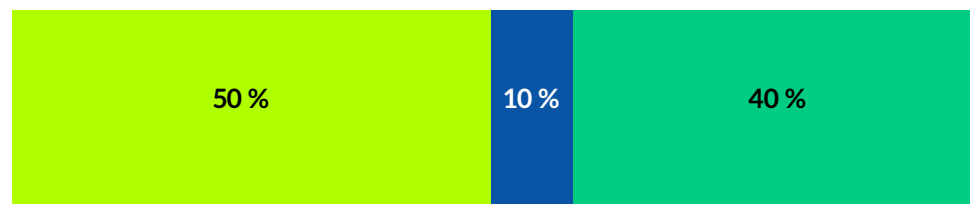
SONJA LYUBOMIRSKY

40% SOLUTION

EXPERIENCE FREQUENT **POSITIVE EMOTIONS**

HAPPINESS IS SUBJECTIVE

POSITIVITY



Set Point / Genetics

Circumstance

What You Think & Do

10 PRACTICES OF HAPPINESS

NOTABLE
SCHOLAR

SHAWN ACHOR

TRADITIONAL WISDOM:

Success → Happiness

REVERSE the MINDSET

Happiness → Success

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

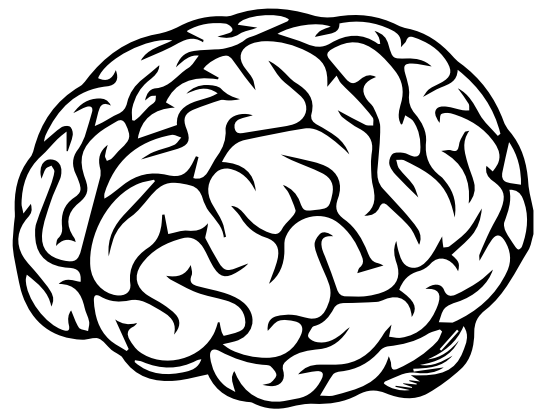
You have to

TRAIN YOUR BRAIN

TO BE POSITIVE

just like you

WORK OUT FOR YOUR BODY



- S. Achor