



Alberta Happiness



*Basics*TM

JOURNAL 2017

Happiness requires practice and
commitment

SMALL STEPS LEAD TO BIG CHANGES

4 WEEK PROGRAM

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Name

Week 1

Please read this while you are waiting for class to begin.

It's simple. It's fun. It works!

Alberta Happiness Basics™ originated as a seven week program that empowers you to live a happier life. It has been modified to a four week format. We challenge you to practice the skills during the week. You will discover a few skills that you find work the best for you. You have the biggest influence over your present and future happiness through your everyday choices.

Special note: *This program is not intended for anyone with severe anxiety, depression or suicidal thoughts. Please see a coach individually if you are affected by this before you leave for the week.*

To get the most out of this workshop:

- Make improving your level of happiness a priority.
- Practice the weekly happiness skills.
- Make happiness skills a part of your life moving forward.
- Attend all classes.

Our four week happiness program results show significant improvement in:

- mood
- vitality and energy
- mental and physical health
- pain

"Happiness depends upon ourselves." – Aristotle

Housekeeping

- Each class will have a **Vitality break** about halfway through – this is a chance to refresh yourself – walk around, use the facilities and get some water.
- Bring your **Alberta Happiness Basics™ journal** each week.

Workshop format

The **program format** is two hours a week for four weeks.

Each week begins with a **check-in and you will have opportunities to practice the skills that will increase your happiness**. We will end with a **check-out to set you up for success in the upcoming week**.

Group guidelines

- Please make every effort to attend on time, if you must come late please slip in quietly and take a seat.
- If you are going to be late or miss group, please let one of the coaches know ahead of time. We will ask that you review the material you missed prior to your return if you are absent so that you can participate fully in the next class.
- Being absent for more than one session out of four will result in a request that you rebook into a future group.
- Treat other group members with the same courtesy that you would like to receive.
- Confidentiality – keep information that comes up in group private to the group.
- If there will be someone in the room observing, we will let you know prior to them being in the room.
- The PCN cannot control socialization, but intimate relationships outside of workshops are discouraged.
- Bringing snacks/water is permitted but please dispose of garbage afterwards. Does anyone have any severe food allergies we need to be aware of so we can avoid bringing those items?
- We encourage participation in class, but private conversations are discouraged until break so that you don't miss out on learnings. These conversations can be very distracting to others; we want to be respectful to all participants.
- If you need to leave the room before break, please give us a thumbs up so we know that you are ok. If you are gone for more than five minutes, one of us will come to check on you.
- This is a fragrance free facility, so please be mindful of this prior to group to maintain an adequate level of hygiene and avoid wearing fragrances.
- Please turn off all cell phones or put to silence/vibrate.
- Verbal or physical attacks on the other clients or facilitators will not be tolerated in group. Please use your skills to manage angry urges. Anyone who violates this rule will be asked to leave group for that day and will be called to discuss relevant consequences.
- Other: _____
Is there anything else that will help you feel more comfortable or safe in the group?

ALBERTA HAPPINESS BASICS™ Week 1

Focus on the positive

Write down the positive comment(s) that I received each week.

Week 1

The positive comment(s) I received this week...

Week 2

Week 3

Week 4

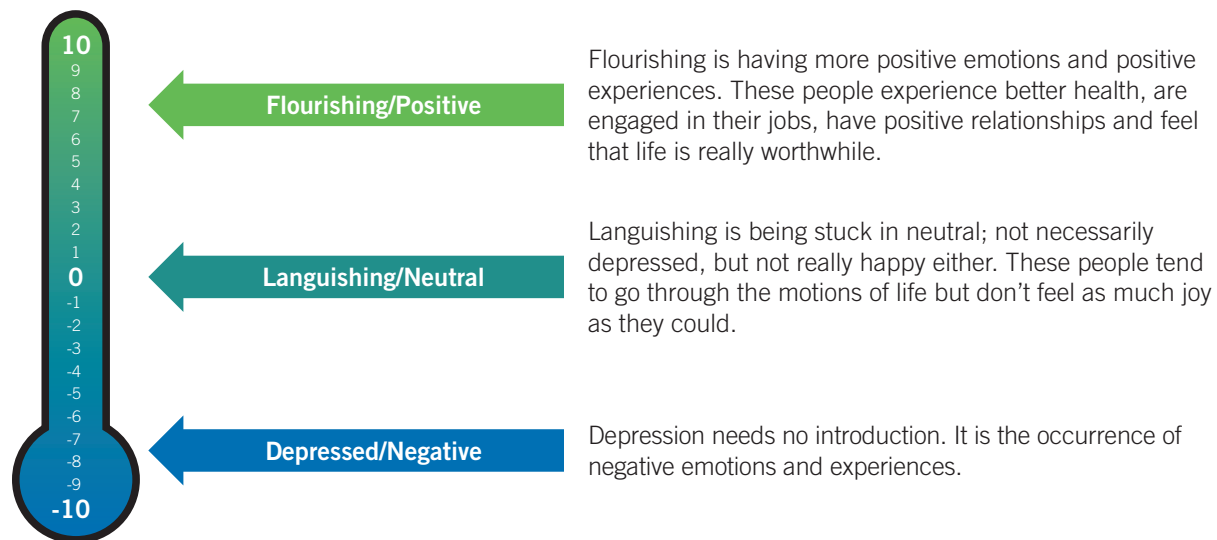
Did you know?

"Positive thinking will let you do everything better than negative thinking will." - Aristotle

Alberta Happiness Basics™ is based in positive psychology

Positive Psychology is based on the science and research behind what happier people do differently. Positive psychology focuses on your strengths, positivity, the present and the future.

This program is for you whether you are flourishing, languishing or depressed.



Place an x where you are on this thermometer today with today's date.

The goal of this program is to move you up the thermometer.

Happiness is within your reach and can come in many forms such as:



A word cloud featuring various terms associated with happiness. The words are arranged in a dense, overlapping cluster. The colors used are shades of blue and green. The words include: achieve, growth, compassion, optimism, awe, energy, hope, meaning, zest, laughter, character, engagement, love, connect, flourish, pride, joy, contentment, flow, elevation, pleasure, inspiration, gratitude, interest, curiosity, vitality, and kindness. The words vary in size and orientation, with some being horizontal and others vertical.



PATHWAYS TO HAPPINESS

Research shows that there are five basic pathways to happiness:

- Positive emotions
- Engagement
- Relationships
- Meaning
- Accomplishment

In this four week program we will focus on the original pathways that Martin Seligman discovered were essential to happiness.

- Positive emotions
- Engagement
- Meaning

HAPPINESS SKILL BUILDING CHALLENGES

- Skill building challenges are designed to help move you up the thermometer regardless of where you scored yourself today and will also help you experience skills in the three pathways.
- The challenge is to practice the skills each week. Challenge yourself to expand your skills.
- By the end of the program you will have picked a few skills that fit best for you and feel:
 - Natural
 - Enjoyable
 - Worthwhile
- The skills only work if you use them.

"Plenty of people miss their share of happiness, not because they never found it, but because they didn't stop to enjoy it." - William Feather

Pathway of positive emotions

"Happiness is more than one grand feeling. It's a collection of positive emotions and positive experiences." - Sonja Lyubomirsky

Happiness skill building challenges

- Five senses mindfulness
- Engaging in positive emotions
- Physical activity



SKILL BUILDING CHALLENGE: Do a Five senses mindfulness exercise

One way to slow your thoughts down and focus on the present is to do a **Five senses mindfulness exercise**. Aim to practice three times a day.

- **Where:** Find a quiet place to practice, a place you feel relaxed and calm.
- **How:**
 - Sit in a comfortable upright position with your feet planted flat on the floor. Rest your hands on your thighs or on the table.
 - Notice your breath. You don't need to breathe in a particular way. Just bring attention to each part of the breath — the inhale, exhale and space in between.
 - Bring awareness to each of your senses. One at a time for a few seconds each. The point is to focus on the present moment and how each sense is being activated.
 - **Hear** – Begin to notice the sounds around you. Sounds may be internal like your breathing or your stomach growling, or external like the sound of traffic or sounds in the room.
 - **Smell** – Now shift your attention to noticing the smells of your environment. Maybe you smell food, perfume or cologne. You might notice the smell of your book or paper.
 - **Taste** – You may notice a linger of a previous drink or meal. You may just notice your tongue in your mouth. You can run your tongue over your teeth to become more aware.
 - **Touch** – Bring your attention to the sensation of skin contacting your chair and your clothing. You may notice the pressure between your body and the chair or your feet and the floor. You can observe temperature like the warmth or coolness of your hands or how the air feels against your skin.
 - **See** – Last one. Observe your surroundings and notice the colours, shapes and textures. If you really look, you may notice things that have gone unnoticed until now.
 - When finished, pause to notice how you felt a few minutes ago. What has changed?
 - As you sit in the moment, ask yourself if you are okay. If you are, notice what that feels like. If you aren't okay, just notice it, accept it for now and deal with it later. Be open to being here in this moment.

Adapted from online publication posted on psychologytoday.com. June 20, 2011.

- **Opportunities to practice mindfulness**

- At the beginning and the end of your day.
- Throughout your day when you are feeling anxious, overwhelmed or stressed.
- When you find your mind wandering to the past or future.
- During a movement break or coffee break at work.
- **Listening to music** – focus on the lyrics, the beat in the song or the emotions you experience during the song.
- **Doing daily tasks** – when washing dishes, you can focus on the smell of the suds, how it feels to have your hands in warm water.
- **While in nature** – hear the birds sing, the sound of leaves under your feet, notice the warmth of the sunshine on your face or the cool air against your cheek as you walk.

SKILL BUILDING CHALLENGE reflection questions: Five senses mindfulness exercise

What did I notice right before the mindfulness exercise?

What did I notice right after the mindfulness exercise?

What did I learn?



SKILL BUILDING CHALLENGE: Engaging in positive emotions

Research focuses on these ten positive emotions, there are others as well:

1. Joy _____
2. Gratitude _____
3. Serenity _____
4. Interest _____
5. Hope _____
6. Pride _____
7. Amusement _____
8. Inspiration _____
9. Awe _____
10. Love _____

Circle the emotion you want to engage in this week.

What small thing will you do to engage in that positive emotion this week? (start small)

Fill in the blank:

Tip the scale

To tip the scale, research shows we need _____ positive emotions to lift us from a negative. Most people function at a 2:1 ratio, so to tip the scale, we need to engage in more positive experiences.



SKILL BUILDING CHALLENGE: Be physically active

Physical activities I enjoy or have enjoyed in the past:

- ☐ walking
- ☐ gardening
- ☐ running
- ☐ yoga
- ☐ swimming
- ☐ fitness class

others:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Some new physical activities I could try:

How do I feel when I do physical activities that I enjoy?

Did you know? Regular physical activity improves:

- self confidence
- positive emotions
- mood
- anxiety
- relationships
- health
- flow
- ability to cope with stress
- energy levels

My barriers to doing physical activity:	My solutions:
e.g. I'm tired.	Use the five minute rule. On days that I don't feel like being active, put on my shoes and walk for five minutes. If after five minutes I feel like I can continue, keep going! If I am unable to continue, give myself permission to go back home and plan to do it at a later time.

Aim for 30 minutes a day. If 30 minutes to start with seems overwhelming, you can do 10 minutes three times a day, or short bouts of activity several times a day. It all counts.

Which activity will I start with?

How often will I do it?

CHECK-OUT

My plan to practice this week's skill building challenges

Practice the Five senses mindfulness exercise. When will I do this? **PAGE 8**

Engage in positive emotions. When will I do this? PAGE 10

Choose to be physically active. When will I do my physical activity? **PAGE 11**

Be open to positive experiences and enjoy the process!

Notes:

[illegible]

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Week 2

CHECK-IN

Did I practice the Five senses mindfulness exercise?

☐ Yes ☐ No

Did this feel natural?

☐ Yes ☐ No ☐ A little

Was it enjoyable?

☐ Yes ☐ No ☐ A little

Was it worthwhile?

☐ Yes ☐ No ☐ A little

Is this a skill I will continue to use?

☐ Yes ☐ No ☐ Maybe

How did it improve my mood?

Did I engage in positive emotions?

☐ Yes ☐ No

Did this feel natural?

☐ Yes ☐ No ☐ A little

Was it enjoyable?

☐ Yes ☐ No ☐ A little

Was it worthwhile?

☐ Yes ☐ No ☐ A little

Is this a skill I will continue to use?

☐ Yes ☐ No ☐ Maybe

How did it improve my mood?

Did I do a physical activity?

☐ Yes ☐ No

Did this feel natural?

☐ Yes ☐ No ☐ A little

Was it enjoyable?

☐ Yes ☐ No ☐ A little

Was it worthwhile?

☐ Yes ☐ No ☐ A little

Is this a skill I will continue to use?

☐ Yes ☐ No ☐ Maybe

How did it improve my mood?

Go to page 3 and record positive comments I received this week.

Other successes I noticed:

Small group check-in

Discuss your experiences with last week's skill building challenges by answering these questions.

1. What did I notice while doing the Five senses exercise?
2. What happened when I engaged in my chosen positive emotion?
3. How did I make out with doing some physical activity?
 - Please keep your conversations related to homework questions.
 - Keep it positive!
 - Give everyone a chance to share.

More on the pathway of positive emotions

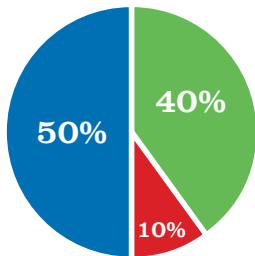
Positive emotions open us up to the world around us. They encourage us to explore, play and get involved. We cope better and get stronger emotionally, physically and socially.

Happiness skill building challenges

- Think and write about a positive experience
- Optimistic thinking

Fill in the blanks:

How is happiness determined



- ____% Genetics
- ____% Circumstances
- ____% Personal control

Happiness skills learned in this workshop can improve the happiness under your personal control. You can create more happiness by changing how you think and act.

Happiness

Happiness is the collection of many positive emotions and experiences. Happiness is not one grand feeling where everything is a 10/10 like the day you were married.

1	2	3	4	5	6	7	8	9	10
Small moments of joy, curiosity, vitality and gratitude such as sunshine on your face.			Medium moments such as a hug from a family member, getting flowers or enjoying a great meal.				Large moments such as marriage, a baby or graduation.		
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SKILL BUILDING CHALLENGE:

Think and write about a positive experience

Positive reminiscing helps you to re-experience positive emotions.

By thinking and writing about a past experience you will reap the benefits of the positive emotions once more. This is an instant lift in your mood. If you prefer, you can also use positive anticipation, thinking and writing about an upcoming experience.

Notice what you smell, hear, see, feel and taste. Describe the scene and the feelings. Who are you with? What are you doing? What came before or after that moment is irrelevant. Just focus on the moment.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Positive experience:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Did you know? Writing about a positive experience for three consecutive days can boost mood for at least three months.

SKILL BUILDING CHALLENGE reflection questions: Think and write about a positive experience

What did I notice right before writing about the positive experience?

What did I notice right after writing about the positive experience?

What did I learn?

Did you know? Sharing these positive experiences with others is called capitalization.

Capitalization helps us:

- Develop more appreciation for the event.
- Forge a stronger memory for it.
- Savour its details.
- Deepen the relationship with the listener as they have recognized the significance the event holds for you.



SKILL BUILDING CHALLENGE:

Optimistic thinking

Use Optimistic thinking to make a situation better. Optimism is about setting expectations for one's success, an expectation that things will turn out for the best.

How can I be more optimistic?

- Find positives in negative situations.
- Come up with solutions to problems.
- Be adaptive – roll with the punches.
- Keep my eye on the goal and not the roadblocks along the way.

"The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty." - Winston Churchill

ALBERTA HAPPINESS BASICS™ Week 2

You can use optimistic thoughts when you are dealing with a difficult situation and/or you notice your pessimistic thinking.

Think about a situation that you are experiencing and develop three optimistic thoughts about that situation or about your ability to get through it.

Example situation:

My boss asked me to work late and I'm tired.

Optimistic thoughts:

I can leave early on Friday instead.

Less traffic on the way home.

It will give my kids more time with my husband.

A situation I am experiencing now:

Situation:

Optimistic thoughts:

Practice optimistic thoughts at least one more time this week about a situation as it arises.

Situation:

Optimistic thoughts:

SKILL BUILDING CHALLENGE reflection questions: Optimistic thinking

What did I notice right before practicing optimistic thinking?

What did I notice right after practicing optimistic thinking?

What did I learn?

CHECK-OUT

My plan to practice this week's skill building challenges

Think and write about a positive experience at least one more time this week. When will I do this? [PAGE 19](#)

Practice optimistic thinking. Is there a situation I can practice with this week? [PAGE 24](#)

Be physically active at least 30 minutes each day. When will I do this?

Practice the Five senses exercise. When will I do this?

Be open to positive experiences and enjoy the process!

What other skills will I practice this week?

Week 3

CHECK-IN

Did I write about another positive experience?

☐ Yes ☐ No

Did this feel natural?

☐ Yes ☐ No ☐ A little

Was it enjoyable?

☐ Yes ☐ No ☐ A little

Was it worthwhile?

☐ Yes ☐ No ☐ A little

Is this a skill I will continue to use?

☐ Yes ☐ No ☐ Maybe

How did it improve my mood?

Did I practice optimistic thinking?

☐ Yes ☐ No

Did this feel natural?

☐ Yes ☐ No ☐ A little

Was it enjoyable?

☐ Yes ☐ No ☐ A little

Was it worthwhile?

☐ Yes ☐ No ☐ A little

Is this a skill I will continue to use?

☐ Yes ☐ No ☐ Maybe

How did it improve my mood?

Go to page 3 and record positive comments I received this week.

Other successes I have had: (for example, continuing with physical activity)

Small group check-in

Discuss your experiences with last week's skill building challenges.

- Which other past positive experiences did I write about?
- How did I do with optimistic thinking?
- When have I been using the Five senses mindfulness exercise?
- Share how my physical activity is going.
- Other successes I have had.

Pathway of engagement

Engagement is the investment and attachment you have to the activities that mean a lot to you.

Happiness skill building challenges

- Practice mindfulness – Three minute breathing space
- Find your flow activity
- Overcome overthinking



SKILL BUILDING CHALLENGE:

Practice mindfulness

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally.” -Jon Kabatt-Zin.

Mindfulness exercises:

- Five senses mindfulness exercise (You learned in week 1)
- Three minute breathing space

Three minute breathing space

To be guided verbally, go to <http://oxfordmindfulness.org> and click on **Three minute breathing space**.

To practice the **Three minute breathing space without a recording, use these instructions:**

- **First minute:** focus on here and now, your mood, emotions and thoughts. Don't try and change anything, just notice.
- **Second minute:** move your awareness to your breath. Focus on breathing into your abdomen. If your mind wanders acknowledge where it went and gently guide it back to your breath.
- **Third minute:** notice your breath moving through your entire body. Wiggle your fingers and toes. Open your eyes and bring your attention back to the here and now. Continue on with your day.

SKILL BUILDING CHALLENGE reflection questions: Three minute breathing space

What did I notice right before the Three minute breathing space?

What did I notice right after the Three minute breathing space?

What did I learn?

How can I make mindfulness a habit?

- Start or end my day with it.
- Associate it with a routine habit such as a coffee break.

How and when will I practice mindfulness?

Did you know? Practicing mindfulness positively impacts your health. Benefits include: lower stress, reduced experience of pain, emotional regulation, reduced anxiety, reduced depression and better sleep.



SKILL BUILDING CHALLENGE: Find your flow activity

A life of engagement involves participation in activities that challenge us and that we thoroughly enjoy. We can lose track of time when doing these activities and may achieve flow.

Flow develops when you:

1. **Choose your activity:** something you are interested in, something that involves effort and skill.
2. **Set goals** with clear steps to achieve that goal. Push yourself beyond your comfort zone.
3. **Stick with the activity** long enough that it becomes automatic.

What flow activities do I have?

If you answer YES to these questions you are likely experiencing FLOW:

- Does this activity challenge me?
- Does it have guidelines or rules?
- Is there a goal?
- Do I use effort?
- Do I get feedback from the activity or environment?
- Does it require my full attention?
- Do I enjoy this activity?
- Do I lose track of time?

What flow activity will I engage in this week?

How will I make it happen? Schedule it in.

If you are having trouble identifying a flow activity, consider things you used to enjoy doing. Maybe you just got bored or adapted to it. With some changes you may experience flow with this activity again.

Which activities or hobbies are you interested in? Consider your values, meaning, and interests to help you find activities you would like to try. Physical activities are likely to induce flow and yet it can be achieved other ways. Note that an activity can be social and intellectual as well.

Overcoming adaptation

Once you get good at an activity you need to recognize adaptation. Basically this means we get bored of doing the same thing. Things are not as exciting to us anymore. This is nature's way of making room for new events in our lives and helping us to move forward to accumulate new experiences. Learn to recognize adaptation for what it is, a time to make some adjustments and move onwards to a greater challenge.

Pick one of my potential flow activities.

How will I add variety to my flow activity when I adapt to it?

(for example: change the level of intensity, timing, sequence, rules and partners)

Did you know? Experiencing flow is one of the strongest predictors of long term happiness. You can have more than one flow activity. More activities may slow down adaptation.



SKILL BUILDING CHALLENGE: Overcome overthinking

Overthinking is thinking about a feeling or situation repeatedly. It's going around and around in circles with your thoughts. We all do it. The trick is to recognize it and find a way to stop it.

How do you know if you are overthinking?

- You repeatedly ask “Why”?
- You repeat the same negative sentences, stories and pictures.
- You say “shoulda, coulda, woulda.”
- You get stuck in the same thought loop.

Overthinking leads you to keep the very feelings you are trying to reduce. It decreases your ability to solve problems, which results in less motivation, poorer concentration and decision making. You miss out on the good moments in life and may experience poorer quality relationships.

What can you do to short-circuit overthinking?

When I notice I am overthinking I will:

- ☐ Breathe in through my nose and out through my mouth.
- ☐ Engage in one of my flow activities.
- ☐ Practice the Five senses mindfulness exercise or Three minute breathing space.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Can you identify and solve the problem?

- Think in a straight line by focusing on solutions as opposed to the situation's details that upset you.
- Perhaps talk to a friend or family member.

If there is no solution or it isn't your problem:

- If there is no solution, set it aside. Take in the big picture. Ask yourself will this matter in a year?
- If it isn't your problem to solve, let it go.

Techniques to help you:

- Practice a mindfulness technique.
- Distract yourself.
- Imagine you are standing on a street corner and your thoughts are the cars that are driving by. You don't have to get in them, just notice them and let them pass by.

CHECK-OUT

My plan to practice this week's skill building challenges

Practice a mindfulness technique (Five senses mindfulness or Three minute breathing space). When will I practice it? **PAGE 30**

Plan to do the flow activity I picked at least once this week. When will I do it? **PAGE 33**

Short circuit overthinking: What will I do to overcome overthinking? **PAGE 34**

Be physically active at least 30 minutes each day. When will I do this?

Be open to positive experiences and enjoy the process!

What other skills will I practice this week?

Notes:

[illegible]

Week 4

CHECK-IN

Did I practice mindfulness?

☐ Yes ☐ No

Did this feel natural?

☐ Yes ☐ No ☐ A little

Was it enjoyable?

☐ Yes ☐ No ☐ A little

Was it worthwhile?

☐ Yes ☐ No ☐ A little

Is this a skill I will continue to use?

☐ Yes ☐ No ☐ Maybe

How did it improve my mood?

Did I do a flow activity?

☐ Yes ☐ No

Did this feel natural?

☐ Yes ☐ No ☐ A little

Was it enjoyable?

☐ Yes ☐ No ☐ A little

Was it worthwhile?

☐ Yes ☐ No ☐ A little

Is this a skill I will continue to use?

☐ Yes ☐ No ☐ Maybe

How did it improve my mood?

Did I short circuit my overthinking?

☐ Yes ☐ No

Did this feel natural?

☐ Yes ☐ No ☐ A little

Was it enjoyable?

☐ Yes ☐ No ☐ A little

Was it worthwhile?

☐ Yes ☐ No ☐ A little

Is this a skill I will continue to use?

☐ Yes ☐ No ☐ Maybe

How did it improve my mood?

Go to page 3 and record positive comments I received this week.

Other successes I have had:

Small group check-in

Discuss your experiences with last week's skill building challenges.

- When did I practice a mindfulness activity?
- Did I attempt a flow activity?
- Did I experience flow?
- Which technique worked for short circuiting overthinking?
- What other successes have I had?

Pathway of meaning

Meaning can be described as the 'why' of life. It is knowing that what we do matters.

Happiness skill building challenges

- Savour
- What went well?
- Things to be grateful for



SKILL BUILDING CHALLENGE: Savour

SKILL BUILDING CHALLENGE reflection questions: Savour

What did I notice right before savouring?

What did I notice right after savouring?

What did I learn?

Did you know? Savouring a positive experience for just 15 – 20 seconds allows it to register in your emotional memory according to neuropsychologist Dr. Rick Hanson.

Savouring can be described as paying close attention, taking delight, and going over life’s momentary pleasures and wonders through thinking, writing, drawing or sharing with others.

Strategies for savouring:	My examples:
Notice and relish ordinary moments.	
Savour your daily routines and rituals.	
Savour and reminisce with family and friends.	
Transport yourself to a different place and time.	
Replay happy days like a video.	
Be open to beauty and excellence.	

Think about typical moments and activities you can savour each day and reflect on them here. What upcoming events or experiences can I plan to savour and relish in? What can I do to soak up the positive emotions that will accompany the event? How will I make savouring a habit?



SKILL BUILDING CHALLENGE:

Share what went well

Write down three things that went well every day for a week. At the end of each day, make a habit of reflecting on the positive things that occurred, no matter how small. Next, plan to share what went well with your partner, child, parent, etc. Ask others “What went well for you today?” This can transform relationships when used regularly and remove some of the focus on negatives. You can also use this as a subject of conversation during suppertime instead of watching television, or use it to start your day. Let’s do this for today now:

Day	Good thing	“What is good about this?” or “What makes this so great?”
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	

Day	Good thing	“What is good about this?” or “What makes this so great?”
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	
	1.	
	2.	
	3.	

SKILL BUILDING CHALLENGE reflection questions: Share what went well

What did I notice right before sharing what went well?

What did I notice right after sharing what went well?

What did I learn?

Did you know? Doing this for a week has been proven to increase your happiness for up to six months.



SKILL BUILDING CHALLENGE: Things to be grateful for

Expressing gratitude for what I have can increase my happiness. Name five things I am grateful for today.

1. _____
2. _____
3. _____
4. _____
5. _____

Which day of the week will I record what I am grateful for?

"We can only be said to be alive in those moments when our hearts are conscious of our treasures." - Thornton Wilder

Did you know? Recording things to be grateful for once a week has been shown to have more benefits than recording daily.

MY HAPPINESS PLAN

Look back at the thermometer on **PAGE 4**. Mark with an X and note the date. Have I moved up the thermometer?

What is the first sign I am slipping down the thermometer?

Which of my favourite skills will I use to move back up?

My plan to use my favourite happiness skills: List my three favourite happiness skills. How will I use them going forward?

1.

2.

3.

What skill will I try next to keep it fresh?

MY HAPPINESS PLAN

Turn to page 3 and review all of the positive comments I’ve heard for the last four weeks. What does this mean to me? How can I use this to move forward?

Tips for success:

- ☐ Review journal.
- ☐ Review the pathways and focus on one at a time (Positive Emotions, Engagement, Positive Relationships, Meaning, or Accomplishment/achievement) to practice the skills.
- ☐ Do physical activity daily.
- ☐ Plan the skills into my day as a priority.
- ☐

- ☐

- ☐

- ☐

- ☐

- ☐

- ☐

- ☐

- ☐

- ☐

- ☐

- ☐

Other ideas for increasing my happiness:

[illegible]

Other ideas for increasing my happiness:

[illegible]

Books

“**Positivity**,” Barbara Fredrickson, 2009.

“**Love 2.0: Finding happiness and health in moments of connection**,” Barbara Fredrickson, 2013.

“**The How of Happiness**,” Sonja Lyubomirsky, 2008.

“**The Myths of Happiness: What should make you happy, but doesn't, what shouldn't make you happy, but does**,” Sonja Lyubomirsky and Kathy Keane, 2013.

“**Authentic Happiness**,” Martin Seligman, 2002.

“**Flow: The Psychology of Optimal Experience**,” Mihaly Csikszentmihalyi, 1990.

Apps

iPhone app: **Live Happy**

iPhone and iPad app: www.happco.com

Websites

www.positivityratio.com Find your positivity ratio. Click on “Take the test.”

www.happier.com A community for happier people.

