

Positivity Practices

"Your brain works significantly better at positive than at negative, neutral or stressed. Every single business and educational outcome improves when we start at positive rather than waiting for a future success...people are nearly 10 times more engaged at work, live longer, get better grades, your symptoms are less acute, and much more."

~Shawn Achor

One of the world's leading experts on the connection between happiness and success

Positivity Practice	How can I bring more of this into my life?
<p>Practice Gratitude</p> <p>Write it down, say it aloud, share at the dinner table. Share what you're grateful for in some way each day.</p>	
<p>One Minute for Good</p> <p>Time yourself for one minute just listing all of the positive things that have happened or focus on one incident and visualize the positive aspects of the experience.</p>	
<p>Write it Down</p> <p>Do a brain dump and just get out all of your feelings and thoughts on paper. Try to get it all out honestly and then try to let it go or embrace it, depending on what you are exploring.</p>	
<p>Move a Little More</p> <p>Take time for movement that you ENJOY. Whether it's gardening, walking, dancing, or an intense workout, explore what your body loves to do and try to incorporate more of that.</p>	

Positivity Practice	How can I bring more of this into my life?
<p>Have Some Fun</p> <p>Schedule fun into your days, weeks, or months. Fun activities can be simple. Rediscover a hobby, game or activity. Watch a movie that makes you laugh, go to a comedy club and laugh, share funny jokes or memes with your friends.</p>	
<p>Conscious Kindness</p> <p>The best way to generate positive feelings is to do something nice for someone else. Deliberately holding a door or buying someone's coffee in line is a simple gesture that can have a ripple effect.</p>	
<p>Cultivate Connections</p> <p>Send a note, a text, an email or even a handwritten letter to reinforce a relationship that is important to you. Make regular dates to see family and friends to keep those relationships nurtured.</p>	

Great list!

Now, how will you help yourself remember?
Remember to start with small, manageable steps.