

THE POWER OF POSITIVE EMOTIONS & HABITS

Tiny positivity boosts can have a big impact on our lives. Here's why:



Broaden and Build: Positive emotional states expand our view of what's possible and increase our resources to make it a reality.



Rewire Thought Patterns: With repetition, positivity-centered behaviors can change the neural pathways in our brains. We can literally change our brains!



Create Upward Emotional Spirals: Positivity creates upward spirals of positive behaviors, thoughts, and feelings.



Increase Psychological Capital: Create a reservoir of positive emotions. Our emotional tank is filled so we don't run on empty when life gets hard.



Improve Wellbeing: Emphasizing happiness can backfire, but research shows that prioritizing positive emotions can improve our wellbeing.

12 INTENTIONAL ACTIVITIES FOR INCREASING LIFE SATISFACTION

From "The How of Happiness" by Sonja Lyubomirsky



Express
Gratitude



Cultivate
Optimism



Avoid Social
Comparison &
Over-Thinking



Practice Acts of
Kindness



Nurture Social
Relationships



Take Care of
your Health



Develop Coping
Strategies



Learn to
Forgive



Increase Flow
Experiences



Savor Joys



Commit to
Goals



Practice
Spirituality

Complete the Person-Activity Fit assessment (<https://pathtohappier.com>) if you want suggestions on the activities that are most natural, enjoyable, meaningful, and easy to integrate into your life.

EXAMPLES OF POSITIVE PSYCHOLOGY INTERVENTIONS

GRATITUDE

- Keep a gratitude journal
- Send a thank-you note to someone.
- Call, text, or email someone to express your appreciation.
- Develop a gratitude ritual before meals, in the morning, or before bed.

OPTIMISM

- Visualize your “best possible day” each morning.
- Repeat hopeful mantras or affirmations each morning.
- Start a “good things are always happening to me” list on your phone to record anything good that happens.

AVOID COMPARISONS

- Practice using a mantra to stop rumination and negativity loops.
- Write down ruminating thoughts and then rip up the paper.

ACTS OF KINDNESS

- Keep a list of kind things you observe others doing.
- Keep a list of kind things you do through the day.
- Offer to pick up groceries for a friend.
- Bring in your neighbor’s garbage cans.
- Leave flowers on someone’s doorstep.

EXAMPLES OF POSITIVE PSYCHOLOGY INTERVENTIONS

SOCIAL RELATIONSHIPS

- Connect with a friend or family member you haven't been in touch with for a while.
- Schedule regular social outings.

HEALTH

- Schedule an overdue health checkup.
- Move your body in a way that feels good.
- Try a new movement (e.g. yoga, weight training, etc.)

HEALTHY COPING

- Journal.
- Challenge your negative beliefs.
- Practice breath work to defuse strong emotions.
- Find at least one thing you learned or one way you grew from a challenging situation. Write it down.

FORGIVENESS

- Recall a time when you were forgiven and express appreciation for this forgiveness.
- Visualize forgiving a person who hurt you.
- Write a letter of forgiveness to someone (you don't need to send it).

EXAMPLES OF POSITIVE PSYCHOLOGY INTERVENTIONS

FLOW

- Learn a new skill.
- Practice open-ended questions during conversations.
- Find an activity where you lose track of time and commit to doing it for specific amount of time.

SAVOR

- Take photos of things that bring you joy and write a short description about it.
- Look through old photos and replay pleasurable moments.
- Tell someone about something that brings you joy during the day.
- Practice mindfulness.

GOALS

- Use the WOOP method for short-term goals.
- Share your goal with another person.
- Support someone else in their goal.

SPIRITUALITY

- Meditate or pray.
- Write your personal purpose statement.
- Search for experiences of awe.