

[www.CBTandFeelingGood.com](http://www.CBTandFeelingGood.com)

Promoting psychological health & well being through  
Cognitive Behavioural Therapy & Brainskills Training



[info@CBTandFeelingGood.com](mailto:info@CBTandFeelingGood.com)

## Shawn Achor (TedX Talk) Positive Psychology Action Plan...

- 1. Write down three new things you are grateful for each day.** Research shows this will significantly improve your optimism even 6 months later, and raises your success rates significantly.
- 2. Write for 2 minutes a day describing one positive experience you had over the past 24 hours.**  
This is a strategy to help transform you from a task-based thinker, to a meaning based thinker who scans the world for meaning instead of endless to-dos. This dramatically increases work happiness.
- 3. Do random acts of kindness** – plan and monitor them. Expect nothing in return, give to give, not to get.
- 4. Exercise regularly.** This trains your brain to believe your behavior matters, which causes a cascade of success throughout the rest of the day.
- 5. Meditate regularly,** focusing on your breath going in and out. This will help you undo the negative effects of multitasking. Slow down and focus. Research shows you get multiple tasks done faster if you do them one at a time. It also decreases stress and raises happiness.
- 6. Be social!** Contact people you know - to talk or meet - friends or family or colleagues. This significantly increases your feeling of social support, which in my study at Harvard was the largest predictor of happiness for the students.