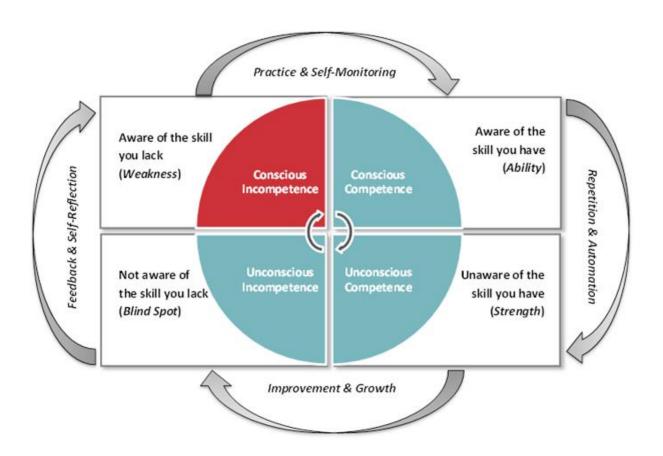
## REWIRING YOUR BRAIN FOR CALM, CONTENTMENT, & HAPPINESS

<b>Awareness:</b> Become conscious! We have power, we difficult, heartbreaking, frustrating (or fill in the blan									
stance or an innovator stance.	k) life can be – we can respond from either a victim								
	■ Innovator								
	at ignites the firing of a neuropathway								
Fact about event, situation, circumstance, or pro	oblem:								
CHOICE New Hardwiri									
	New Hardwilling								
Default "wired" negative thoughts that follow	Rationally optimistic skillful thoughts to create								
neuropathways that create a stress response	new neuropathways that serve your well being								
Behaviors associated	Behaviors associated								
Outcome	Outcome								

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light not our darkness that most frightens us." – Marianne Williamson

What Lens are you looking through? (Our brains are single processors – negative processor, or positive processor)

– Practice and focus on looking at everything through the best lens for your own well being



## The Law of Choices

The most basic choice we have in life is whether to expand or contract, whether to bring our creative and expressive energies out into the world in positive or negative ways.

No matter what our circumstances, we have the power to choose our directions.

In each of us are heroes; speak to them and they will come forth. ANONYMOUS

## 21-day Happiness Challenge:

- 1. Choose ONE or more of the five researched happiness habits.
- 2. Perform the activity daily for 21 consecutive days.
- 3. After 21 days, you've actually trained your brain to be more positive.
- (1) THREE GRATITUDES: Write down three new things you are grateful for each day & why you are grateful for them. Research shows this may significantly improve your optimism prolonged to up to six months following the 21-day exercise. This helps us scan our environment(s) & lives for things that are working well instead of our default to stressors, hassles and difficulty.
- **(2) JOURNAL THE POSITIVE**: Write for two minutes a day describing one positive experience you had over the past 24 hours. This strategy helps us take in the good that already exists, focus on it, let it sink in and create positive, life-affirming neuropathways that lead to well-being, calm, and contentment.
- (3) **EXERCISE**: Exercise for a minimum of 10 minutes a day. This trains your brain to believe your behavior matters, as well as positive physical benefits and, don't forget about those endorphins!
- **(4) MEDITATE**: Meditate for two minutes, focusing on your breathing inhaling and exhaling. This helps us to undo the negative effects of multitasking. Research has shown you get more tasks done faster if you do them one at a time. It also decreases stress and raises happiness.
- (5) ACTS OF KINDNESS: This can be something simple, as Achor suggests: writing one positive email to praise a colleague. Other ideas: write a Thank You card/note, text someone you love, post a nice comment on Facebook, call someone, or say something encouraging to someone each day. It'll surely benefit the recipient and leave you both smiling.

21 DAY CHALLENGE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
3 Gratitudes																					
Journal 1 Positive Experience																					
Exercise (10 minutes)																					
Meditate (2 minutes)																					
Random Acts of Kindness																	·				