



YOU AT POSITIVE CHALLENGE



A 21-DAY PLAN TO TRAIN YOUR BRAIN TO BE HAPPY.

This Challenge is based on the research of Shawn Achor (and others) who demonstrated that people who completed these activities every day, for 21 days or longer, were able to train their brain to focus on the positive and to be happier. They developed the “Happiness Advantage.”

Every day, take a few minutes to:

- Write down 3 “gratitude's”
- Journal about a positive experience from each day
- Meditate – simple exercise daily
- Exercise – choose from a variety of exercises or continue your current routine
- Conduct Intentional Acts of Kindness

REGISTER NOW



Why: The human brain works better when you are happy or have a positive attitude. You can NOT work optimally when your brain is “neutral, negative, or stressed.”

Turn around this notion: “If I work harder I will be happy and successful.”

Change this to: “If I am happy with a positive outlook, my brain works better and I can be more successful.”