



HAPPY 'N HEALTHY

a 21-day resiliency challenge



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Welcome to Happy 'n Healthy: a 21-day Resiliency Challenge!

There are proven ways we can improve our moods and raise our levels of happiness and resiliency throughout the day. Each activity listed below not only gives us a quick boost of positive emotions, improving our performance and focus in the moment; but if performed habitually over time, each has been shown to help permanently raise our happiness baselines.

Happiness is subjective, so it will be different for everyone and what works for one person may not work for another person. So if these happiness boosters don't work for you, try other things that may work for you. These happiness and resiliency boosters are based on the ***Happiness Advantage*** by Shawn Achor: *mediation, finding something to look forward to, committing conscious acts of kindness, infusing positivity into your surroundings, exercising, and spending money (not on stuff).*

Challenge Overview: Note your overall happiness baseline level on day 1 of the challenge. Implement a technique of your choice and record it below for the next 21 days. At the end of the challenge, note your overall happiness baseline level again.

