

I Choose Harmony

The Happiness Advantage - Journaling

Each day:

1. Identify a significant positive encounter, experience, or thought from the previous twenty-four hours.
2. Set a timer for two minutes.
3. Write everything you remember about your significant positive encounter, experience, or thought. Record every detail.
4. When the timer is up, you're finished.

Date: _____ Encounter, Experience, or Thought: _____

For Two Minutes - My Thoughts

Based on the Ted Talk entitled, "The Happiness Advantage" by Shawn Achor.

Rooted in research: • Emmons & McCullough (2003) • Slatcher & Pennebaker (2006) • Babyak et al. (2000) • Dweck (2007) • Lyubomirsky (2005)

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