

30 DAY HAPPINESS ACTION PLAN

Happiness is something we all want, but do we really know how to find it? Use these scientifically proven ideas to rewire your brain for more joy.

1 'What makes you happy?' list

Write a list of the small things that bring you everyday joy.

2 The happy secret to better work?

Join 19m people and watch Shawn Achor's TED talk.

3 Action your happy list

Intentionally do something on your happy list today.

4 Upgrade an activity

Ask yourself, what would make this activity more joyous?

5 Headspace App

Take 10 mindful minutes out to gain perspective.

6 Gratitude

Write down 3 things you are grateful for that have happened in the last 24 hours.

7 Do 10 mins of exercise

Get the blood pumping and raise your heart rate.

8 Upgrade an activity

Ask yourself, what would make this activity more joyous?

9 Gratitude

Write down 3 things you are grateful for that have happened in the last 24 hours.

10 Headspace App

Take 10 mindful minutes rest your mind.

11 Social Connection

Write one quick email thanking or praising a member of your team.

12 Journal

Write for 2 minutes describing one positive experience from the past 24 hours.

13 The surprising science of happiness?

Join 16m people and watch Dan Gilbert's TED talk.

14 Do 10 mins of exercise

Get the blood pumping and raise your heart rate.

15 Upgrade an activity

Ask yourself, what would make this activity more joyous?

16 Gratitude

Write down 3 things you are grateful for that have happened in the last 24 hours.

17 Action your happy list

Intentionally do something on your happy list today.

18 Headspace App

Take 10 mindful minutes out to be more present.

19 Upgrade an activity

Ask yourself, what would make this activity more joyous?

20 Action your happy list

Intentionally do something on your happy list today.

21 Gratitude

Write down 3 things you are grateful for that have happened in the last 24 hours.

22 Social Connection

Write one quick email thanking or praising a member of your team.

23 Headspace App

Take 10 mindful minutes out to gain perspective.

24 Do 10 mins of exercise

Get the blood pumping and raise your heart rate.

25 Gratitude

Write down 3 things you are grateful for that have happened in the last 24 hours.

26 Journal

Write for 2 minutes describing one positive experience from the past 24 hours.

27 Headspace App

Take 10 mindful mins out to observe your thoughts

28 Upgrade an activity

Ask yourself, what would make this activity more joyous?

29 Action your happy list

Intentionally do something on your happy list today.

30 Social Connection

Write one, quick email thanking or praising a member of your team.

