

The Happiness Advantage

CHALLENGE

Want to become more positive, productive and successful at what you do?....*Try this!*

Recently, psychologists such as Shawn Achor have begun to study happiness and positivity the way they've studied depression. Most of us believe that our overall level of happiness is determined by life circumstances. If we're happy it's because positive things are happening and if we're sad it's because negative things are happening.

What they've discovered is that our life circumstances only account for about 10 percent of our overall happiness; 90 percent is determined by how our brain perceives the world. The lens through which your brain views the world shapes your reality. So, if we change the lens, you change the reality. Not only can this increase your level of happiness, but it can change your educational and business outcomes as well. Achor calls this positive frame of mind "The Happiness Advantage."

How can I achieve The Happiness Advantage?

Their research has revealed that people who tend to be happy and positive have certain things they are doing that contribute to their level of happiness and positivity. Achor, in his book, *The Happiness Advantage*, describes five specific things we can do over a 21-day period to become a more positive and productive person:

- **Show Gratitude** – Write down three things you're thankful for each day.
- **Journal** – Write about something positive that happened in the last 24 hours.
- **Display Acts of Kindness** – Send an email or text thanking or praising someone in your social support network.
- **Exercise** – 10 minutes per day
- **Meditate/Prayer/Quiet Time** – 5 minutes per day - Gives your mind a break.

Benefits of this 21-day program include:

- Increased motivation level, productivity and resilience.
- Decreased burnout, anxiety and depression.

START DATE

APRIL 3

Take the challenge!

Frisco ISD is challenging everyone in the community to take part in this program during the month of April. We're hoping that schools, businesses, faith-based organizations and individuals across the District will participate. Imagine the amount of positivity that will be moving through our area during this month! We truly believe this activity could produce a happier, healthier and even more successful community!