

HAPPINESS



"You are the average of the five people around you! You're the average of their intelligence, you're the average of their positivity, you're the average of their creativity, you're the average of their ambition."



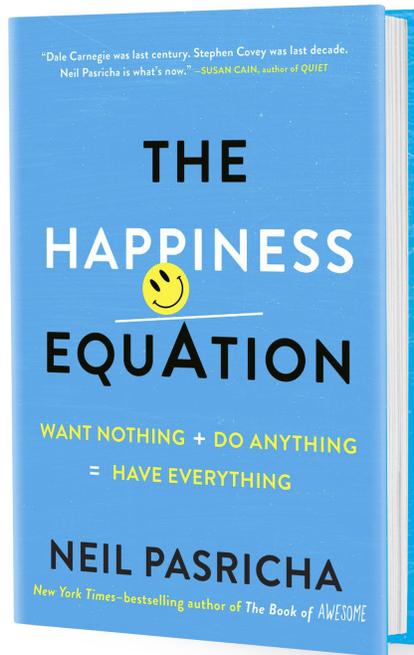
"Happy people don't have the best of everything. They make the best of everything. Be happy first."



"I have sifted through hundreds of studies to find the Big 7 ways to train your brain to be happy. If you do any of these seven things for two straight weeks, you will feel happier."



"What do you do on a Saturday morning when you have nothing to do? Ask yourself that one crucial question, think about it for a second, and answer it out loud. Your true self will be drawn to these ideas. They make you richer, stronger, and happier in your work life, too."



"How do you add an hour to the day with only one small change? Block access. Protect your brain. Guard it. Remove all entry points to your brain except a single one you can control. Let your brain produce great work, savor space, and power your biggest ideas."



"So what's the single best piece of advice you'll ever take? Don't take advice. The answers are all inside you. Think deep and decide what's best. Go forth and be happy. And don't take advice."



"By cutting off access to myself, I was able to choose what to focus on, aim my brain at that task, and then nail it."



"Nobody knows what they're going to do with their *entire life.* Nobody... Having one giant purpose that you strive toward forever isn't the goal. What is? An ikigai. A current aim. A reason to get out of bed in the morning."

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Three Walks

Exercise is as effective as Zoloft in reducing depression. Even just three brisk walks can do the trick! Not exercising is like taking a depressant. Get out there and move your body.



Random Acts of Kindness

Did you know that the fastest, most reliable way to boost your mood is to do something nice for someone else? Yep. Find ways to do something nice!



2-Minute Meditations

Meditation is huge. You don't need to be a levitating monk in the Himalayas to experience significant benefits. Even just a couple minutes a day is wonderful for you.



Hit Flow

Research tells us the optimal state of human experience is found when we are engaged in activities that stretch us with challenges match our skills. Too much challenge = anxiety. Too little = boredom. The right match? Flow.



The 20-Minute Replay

Writing for 20 minutes about a positive experience is a GREAT way to boost your happiness. Scientists call it savoring. Focus the good stuff!



A Complete Unplug

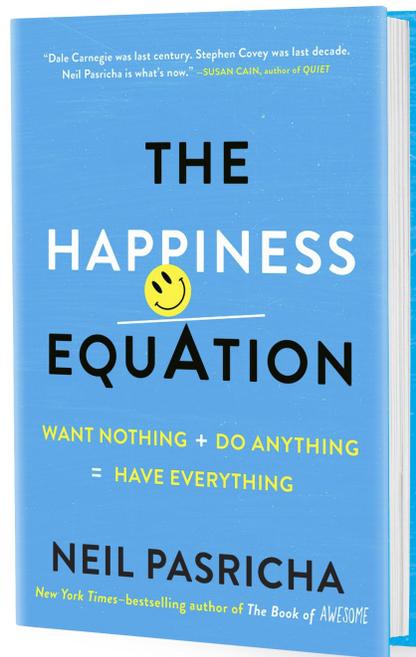
It's important to take time to be fully off and recover. This includes being away from technology and resting. It's not just that we work too hard but that we don't recover enough.



Five Gratitudes

As Neil says, "If you can be happy with the simple things, then it will be simple to be happy." Find things to be grateful for and focus on them often. What are you grateful for today?

7 Big Ways to Train Your Brain to Be Happier





Gratitude

Who and what are you most grateful for?



Your Team

Who are the five to ten most important and positive people in your life?
