30 DAY HAPPINESS CHALLENGE

Positivity Bias Training

9 Steps to Raise Your Happiness and Overcome Negative Feelings

1. **Start each morning by saying, "Today is going to be a great day."**
   This helps direct your mind to look for why it will be a great day and keeps it from seeking out what will go wrong.

2. **Record your Micro-Moments of Happiness for later viewing.**
   Looking for the teeny-tiny, itty-bitty, smallest moments of happiness—the ones I call "Micro-Moments"—throughout your day trains your brain to have a positivity bias mindset. This is why it's so important to write down your Micro-Moments of Happiness every day.

3. **Express gratitude and appreciation as often as possible.**
   Focusing on gratitude boosts your happiness, and appreciation brings gratitude to a new level because it builds bridges between people. Write down 3 things you're grateful for each day and find one person to appreciate with a quick text, email, or call.

4. **Show empathy and kindness to others.**
   Positive psychology interventions that promote empathy include self-love meditations and mindfulness practices.

5. **Focus on your strengths and accomplishments.**
   Write down 5 things you're good at. When you have something down on paper, think of ways to use those attributes in your everyday life.

6. **Train yourself to live in the present moment.**
    Happy people who are grounded in the present and are not preoccupied with past hurts, stressed by regret, or wrapped up in what might happen in the future. Use all 5 of your senses to help you focus on what you're doing, who you're with, and what you're experiencing.

7. **Be positive by eliminating the negative.**
    Whenever you feel sad, mad, stressed, or out of control, write down what you're thinking and ask yourself if it's true. Learn to kill the ANTs (automatic negative thoughts).

8. **Find fun and laughter in your life.**
    Every time you let out a chuckle, your brain releases the chemicals of happiness—dopamine, oxytocin, and endorphins—while lowering the stress hormone cortisol. To laugh more, watch a comedic film, check out a stand-up comic, or look at some funny videos on YouTube.

9. **End your day by asking yourself, "What went well today?"**
    Thinking about the good things that happened to you during the day sets up your dreams to be more positive, which will help you sleep better, enhance your mood, boost your energy levels, and put a smile on your face.