Happiness Exercises

- Three good things in life
  - Write down 3 things each day that went well and why
- Gratitude visit
  - Write and deliver a letter of gratitude
- Identifying signature strengths (top five)
  - www.authentichappiness.org
  - www.viacharacter.org
  - Use one of these each day in a new and different way
- Using signature strengths
  - Use five highest strengths more often during the next week

https://ppc.sas.upenn.edu/

https://www.psychologytoday.com/blog/what-matters-most/201212/7-new-exercises-boost-happiness

New research on positive psychology exercises has found a number of ways to give your happiness a boost and lessen your depression. If you are trying to manage your stress better, lift some of the holiday blues, or simply become a bit more happy, pick one of these 7 exercises and try it for a 1 week.

- One door closes, another door opens: Consider a moment in your life when a negative event led to positive consequences that you were not expecting. Write about this each day.
• Gift of time: Offer the “gift” of your time to three different people this week. This might be in the form of time spent, helping someone around their house, or sharing a meal with someone who is lonely. These “gifts” should be in addition to your planned activities.

• Counting kindness: Keep a log of all the kind acts that you do in a particular day. Jot them down by the end of each day.

• Three funny things: Write down the three funniest things that you experienced or participated in each day; also write about why the funny thing happened (e.g., was it something you created, something you observed, something spontaneous?)

References

https://www.youtube.com/watch?v=y6Sxv-sUY tM