



A post-conference message from Shawn Achor

I am grateful for the opportunity to share the Happiness Advantage research with you. Here is a list of resources to help you move from information to transformation.

- 1) **Read** [*The Happiness Advantage*](#) .
- 2) **Share** Shawn's 10 minute [TED talk](#).
- 3) **Learn** online with Shawn's [eCourse on Happiness](#).
- 4) **Do** your positive habit. Here are the five habits:

3 Gratitudes: Write down 3 new things you are grateful for each day.
(Rewires brain for greater optimism)

Journaling: For 2 minutes, describe a meaningful experience from over the past 24 hours (Doubles the meaning in your life)

Fun Fifteen: Add 15 minutes of fun, active cardio (Creates a cascade of success)

Meditation: Invest 2 minutes to train your brain to just watch your breath. (Undoes negative effects of multitasking)

Conscious Act of Kindness: 2 minute email, thanking one person in your social support network. (Increases greatest predictor of happiness)

Gratefully,
Shawn Achor