

# Happiness Advantage - 21 Day Challenge

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
Three Gritudes											
Journaling											
Exercise											
Meditation											
Random Acts of Kindness											
	Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21	
Three Gritudes											
Journaling											
Exercise											
Meditation											
Random Acts of Kindness											

Finish Line!!

Each day mark the boxes with a ✓ or an ✗ to keep track of the actions you are taking towards becoming a more positive person.

Goal of this challenge	Due to the influence of many factors around us, our brains are wired to scan the environment for negatives. By completing this challenge, you are actively working to rewire your brain to identify the positive things around you.
Benefits of this challenge	<p>When you bring awareness to positivity in the present, your brain experiences a Happiness Advantage. When you are feeling positive, your brain performs significantly better. Intelligence, creativity and energy levels rise.</p> <p>By incorporating these self-care strategies, you are taking active steps to increase your compassion satisfaction and combat the negative effects of compassion fatigue.</p> <p>Ripple effect - The mirror neurons in your brain are constantly broadcasting and receiving messages from others. When you experience happiness, your brain sends that message out to those around you, creating a ripple effect which helps spread positivity and decrease negativity.</p>

For more information about the Happiness Advantage visit [www.goodthinkinc.com](http://www.goodthinkinc.com) or see the book, *The Happiness Advantage: The Seven Principles of Positive Psychology that Fuel Success and Performance at Work* by Shawn Achor.