



# **21 DAYS TO A HAPPIER YOU**

Tuesday Talks w/ Dr. Doug

## TRAIN YOUR BRAIN TO BECOME MORE POSITIVE

[www.ted.com](http://www.ted.com) Shawn Achor – ‘The happy secret’

Do all of the following daily for the next 21 days:

- 1) 3 New Gratitude’s each day.
  - a. Trains your brain to scan the world for the positive instead of the negative.
- 2) Journaling about 1 positive thought each day.
  - a. Allows your brain to relive the positive experience.
- 3) Exercise.
  - a. Teaches your brain that your behavior matters.
- 4) Meditation.
  - a. Allows your brain to get over the cultural ADHD that we’ve created by trying to do multiple tasks at one time. It allows your brain to focus on the task at hand.
- 5) Random Acts of Kindness.
  - a. Send 1 positive email per day to someone within your social network praising or thanking them.

“[It’s] the lens through which your brain views the world that shapes your reality. And if we can change the lens, not only can we change your happiness, we can change every single educational and business outcome at the same time.” — *Shawn Achor*

“If we study what is merely average, we will remain merely average.” — *Shawn Achor*

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