

Happiness
360°



21 Day Challenge



Gratitude Journal

☐ Day 1

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

☐ Day 2

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

☐ Day 3

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

“ We can choose how our brain looks at the world. ”

- SHAWN ACHOR

“ Without action,
knowledge is often
meaningless. ”

- SHAWN ACHOR.

☐ Day 4

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about
the most meaningful experience you had
in the past 24 hours?

☐ Day 5

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about
the most meaningful experience you had
in the past 24 hours?

☐ Day 6

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about
the most meaningful experience you had
in the past 24 hours?

☐ Day 7

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

☐ Day 8

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

☐ Day 9

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

“ Happiness precedes important outcomes and indicators of thriving. The wealth of data found that happiness causes success and achievement, not the opposite. ”

- SHAWN ACHOR.

“ A quick burst of positive emotions doesn't just broaden our cognitive capacity; it also provides a quick and powerful antidote to stress and anxiety, which in turn improves our focus and our ability to function at our best level. ”

- SHAWN ACHOR.

☐ Day 10

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

☐ Day 11

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

☐ Day 12

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

□ Day 13

3 new things you are grateful for and why..

- 1.
- 2.
- 3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

□ Day 14

3 new things you are grateful for and why..

- 1.
- 2.
- 3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

□ Day 15

3 new things you are grateful for and why..

- 1.
- 2.
- 3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

“ Research shows that regular meditation can permanently rewire the brain to raise levels of happiness, lower stress, even improve immune function. ”

- SHAWN ACHOR.

“ When our brains constantly scan for and focus on the positive, we profit from three of the most important tools available to us: **HAPPINESS, GRATITUDE, and OPTIMISM.** ”

- SHAWN ACHOR.

☐ *Day 16*

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

☐ *Day 17*

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

☐ *Day 18*

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

☐ Day 19

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

☐ Day 20

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

☐ Day 21

3 new things you are grateful for and why..

1.

2.

3.

What do you want to remember about the most meaningful experience you had in the past 24 hours?

“ Focusing on the good isn't just about overcoming our inner grump to see the glass half full. It's about opening our minds to the ideas and opportunities that will help us be more productive, effective, and successful at work and in life. ”

- SHAWN ACHOR.

Happiness Practices 21 Day Challenge

I invite you to use this Journal and share your journey with friends, family, and colleagues. Happiness is Contagious. Keep a record of your accomplishments together, and collectively we can move away from stress and negativity to make this a happier world. Together we can reach our Big Potential.

3 GRATITUDES

Reflections

DAY

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20
- 21



After completing your 21 day challenge, use this area to go back and record significant accomplishments, small wins and other emotional experiences that resulted from your journey to increase gratitude in your life.

What was your biggest challenge in completing your journal?

Did you share your journal with others? If yes, what was their reaction?
Did you have a journaling partner?

About this journal

If you can raise your level of positivity in the present, then your brain experiences a **HAPPINESS ADVANTAGE**. Your brain when positive performs significantly better (31% better) than it does when negative, neutral or stressed. Your intelligence rises, your creativity rises, and your energy levels rise.



In this 21 day journal is a fantastic challenge for your entire family. Just difficult enough to make a difference, but not so hard that it becomes daunting. Many of the components of this challenge take no time at all. It's really more of an awareness thing. Others require fifteen minutes a day of exercise. The choice is yours.

Daily Happiness Habits

Shawn Achor is a Harvard Positive Psychology expert who has developed what he calls the “21-Day Challenge,” in which you pick one of five researched habits and try it out for 21 days in a row to create a positive habit. Doing so actually rewires — or trains — your brain to be more positive. Here are the five habits to choose from:



3 GRATITUDES

Pause to take note of three new things each day that you are grateful for. Doing so will begin to retrain your brain to start scanning the world for more positive inputs.

MEDITATION

Take just two minutes per day to simply breathe and focus on your breath going in and out. Doing so will train your mind to focus, reduce stress, and help you be more present in this moment.



JOURNALING

Similar to the gratitude practice, but in this case, detail -in writing- one positive experience each day. This will help you find meaning in the activities of the day, rather than just noticing the task itself.



EXERCISE

Exercising for 10 minutes a day not only brings physical benefits, but it also teaches your brain to believe your behavior matters, which then carries (positively) into other activities throughout the day.

RANDOM ACTS OF KINDNESS

This can be something simple, and Shawn suggests writing one positive email or text message to praise or thank someone each day. Not only does it benefit the recipient, but it also increases your feeling of social support.



The key to this daily practice is to put your desired actions as close to the path of least resistance as humanly possible. Identify the activation energy -the time, the choices, the mental and physical effort they require- and then reduce it. If you can cut the activation energy for those habits that lead to success, even by as little as 20 seconds at a time, it won't be long before you start reaping their benefits.



We Shine Brighter Together.
Choose Happy!

Now that you've made it through 21 days,
we recommend you keep on doing these
practices for the rest of your life.
Imagine the possibilities!?

Happiness
360°



The
HAPPINESS ADVANTAGE
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