

The Doubler



Week One: Intro to the Doubler

Pework Expectation: Watch this video from New Age Creators [Are You Happy?](#)

Learning Objective: (“Each participant...”)

- Can define gratitude.
- Will discuss the central theme of The Orange Frog and discover it’s metaphorical connections to everyday life.

Essential Concept:

Self-awareness and recording positive experiences.

Skills Required:

- Communicate Clearly
- Writing from personal experience
- Use information creatively

Opening question(s):

“Why do people journal”

Or

“Who here journals on a regular basis?”

Finish with --

The word “journal” means a daily record of news and events of a personal nature; a diary.

Sometimes, people who enjoy writing keep a diary or a journal fo things that have happened or thoughts they have. Lots of people better process their thoughts and experiences through writing.

Today, we are going to discuss “The Doubler.”

The Doubler is a tactic used by Spark to ‘double’ his positive experiences.

The Doubler



Action:

Today, we are going to journal a positive (or in Shawn's words, "meaningful") experience from the last 24 hours. When we double our positive experiences, by writing them out, we fool our brains into reliving the original positive emotions, getting to experience them twice. Pick at least three details to write about related to the positive (meaningful) experience you've selected, i.e., who, what, where, when, why, etc.

21-day challenge: The Doubler

We are going to do a journal similar to the gratitude journal. The goal is to write for 2 minutes each day. We are going to double our joyful experiences.

Weekly To-Do's:

1. Get started on your 21-day Journaling challenge and keep it going!
2. Make sure to use your 21-day challenge journal to track your progress.

Alternate Discussions:

- Why do you think the positive experience you selected come to mind so quickly?
- How does it feel to spend time writing about a positive experience?