

The Happy Secret

90% of your long-term happiness is predicted not by the external world, but by the way your brain processes the world. 75% of job successes are predicted by your optimism levels, your social support and your ability to see stress as a challenge instead of as a threat.

Raise the level of positivity in the present, then... your intelligence rises, your creativity rises, your energy levels rise. Every single business outcome improves.

Your brain at positive is 31% more productive than your brain at negative, neutral or stressed.

You're 37% better at sales.

Doctors are 19% faster, more accurate at coming up with the correct diagnosis when positive instead of negative, neutral or stressed.

Dopamine, which floods into your system when you're positive... it makes you happier and it turns on all of the learning centers in your brain allowing you to adapt to the world

To retrain your brain to pick out the positive instead of the negative, do the following for 21 consecutive days:

GRATITUDE	Name 3 NEW things you are grateful for each day
JOURNALING	Write about 1 positive experience you've had over the past 24 hours
EXERCISE	Choose any type of physical activity that you personally would call exercise and practice it for 20 minutes each day
MEDITATION	Spend 15 minutes in meditation, (for example): <ul style="list-style-type: none">• Repeating a powerful mantra phrase silently• Think about your feelings without judgment• Praying• Perform slow varying poses while breathing deeply• Use a meditation app or podcast to lead you through a mind-clearing exercise
RANDOM ACTS OF KINDNESS	Write 1 praising or thanking email to someone in your social network each day

Revisit the full video: http://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work.html