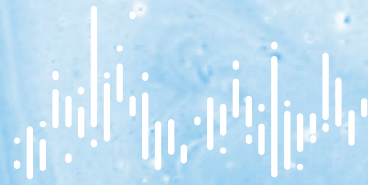




APPLIED POSITIVE PSYCHOLOGY (MS)



Building Habits of Happiness

1. Spotlighting

One good thing that happened today was:

2. Start with the Breath, Return to the Breath

With your eyes closed, spend 1 to 2 minutes following your breath. You don't need to change how you are breathing.

3. Cultivating Gratitude

Something I feel grateful for today is _____ because

4. Bringing in Lightness

One way I want to get in touch with my playful side this week is:

5. Fueling Life With Enjoyable and Meaningful Activities

One activity that brings me enjoyment or meaning is:

One activity I'd like to add into my life, which would bring me more enjoyment or meaning, is:

6. Call Out Your Strengths

My top two strengths I'm activating today are:

7. Win Listing

My wins for the week/month (no win is too small!):

- ---
- ---
- ---
- ---

8. Widening the Reach of Deep Caring and Compassion

One way I'd like to be kind to myself is:

Someone I will send expressions of deep caring to is:

The positive effect I think it will have is:



For more information about how you can learn how to use these strategies with others to improve their well-being, visit the online [Master of Applied Positive Psychology Program](#).

*This information is for educational use only and not a substitute for therapy. It's based on Dr. Scott Glassman's [A Happier You](#) program at Philadelphia College of Osteopathic Medicine.