



## Top 3 Positive Psychology Exercises

Here are three proven psychology exercises that increase happiness levels, providing results after just one week. Individuals were able to dramatically improve their happiness levels through the Gratitude Visit alone! Try all three exercises, and notice how they affect your mindset, and ultimately, your actions.



<b>Three Blessings</b>	<b>Gratitude Visit</b>	<b>Use Your Signature Strengths in New Ways</b>
<ol style="list-style-type: none"> <li>1. Before you go to bed, write down three good things that happened during the day.</li> <li>2. Then, write down <i>why</i> each of them happened.</li> <li>3. Think about the impact these positive events had on your day. How would your day have gone if they didn't happen?</li> <li>4. Identify three strategies for continuing to live in a state of thankfulness, manifesting more positivity and improvement.</li> <li>5. Write down each time something good happens, or actions you take to make a bad situation good.</li> </ol>	<ol style="list-style-type: none"> <li>1. Think of someone who has done something important for you who you've never properly thanked.</li> <li>2. In a letter, write down exactly what they did and the specific effect it had on your life. Be specific.</li> <li>3. Write and rewrite it multiple times. Make it powerful and concise.</li> <li>4. Handwrite the letter or use calligraphy – be creative.</li> <li>5. Meet with the person face to face, and read them the letter. Don't forget to bring tissues, the tears may flow.</li> </ol>	<ol style="list-style-type: none"> <li>1. Review the list of 24 signature strengths on the next page.</li> <li>2. Think of ways you already use your signature strengths.</li> <li>3. Brainstorm ways you can use them even more, writing down specific actions you can take.</li> <li>4. Commit to using your strengths in new ways this week.</li> <li>5. Carry a small notebook with you and write down each time you complete an action that utilizes your signature strengths. Share with a friend.</li> </ol>

Adapted from <http://www.authentichappiness.com>.



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Martin Seligman recognized 24 signature strengths, of which everyone has some.

<http://staroversky.com/summary-of-martin-seligmans-24-signature-strengths/>

These are the 24 signature strengths:

1. Love
2. Hope
3. Humor
4. Creativity
5. Curiosity
6. Perspective
7. Bravery
8. Persistence
9. Integrity
10. Vitality
11. Kindness
12. Citizenship
13. Fairness
14. Leadership
15. Prudence
16. Gratitude
17. Spirituality
18. Self-regulation
19. Love of learning
20. Social intelligence
21. Humility/modesty
22. Open-mindedness
23. Forgiveness and mercy
24. Appreciation of beauty and excellence

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