

Positive Psychology Basics

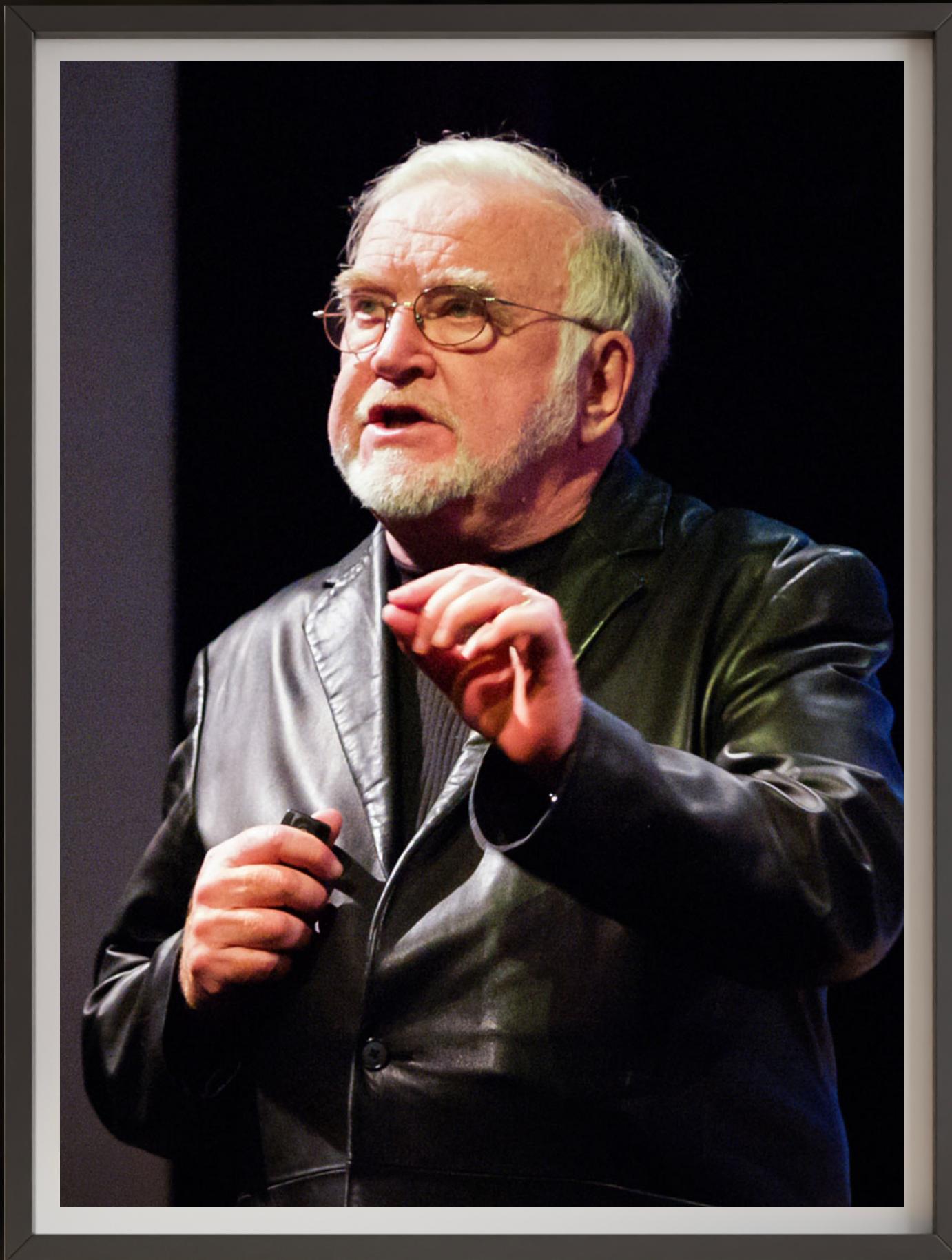
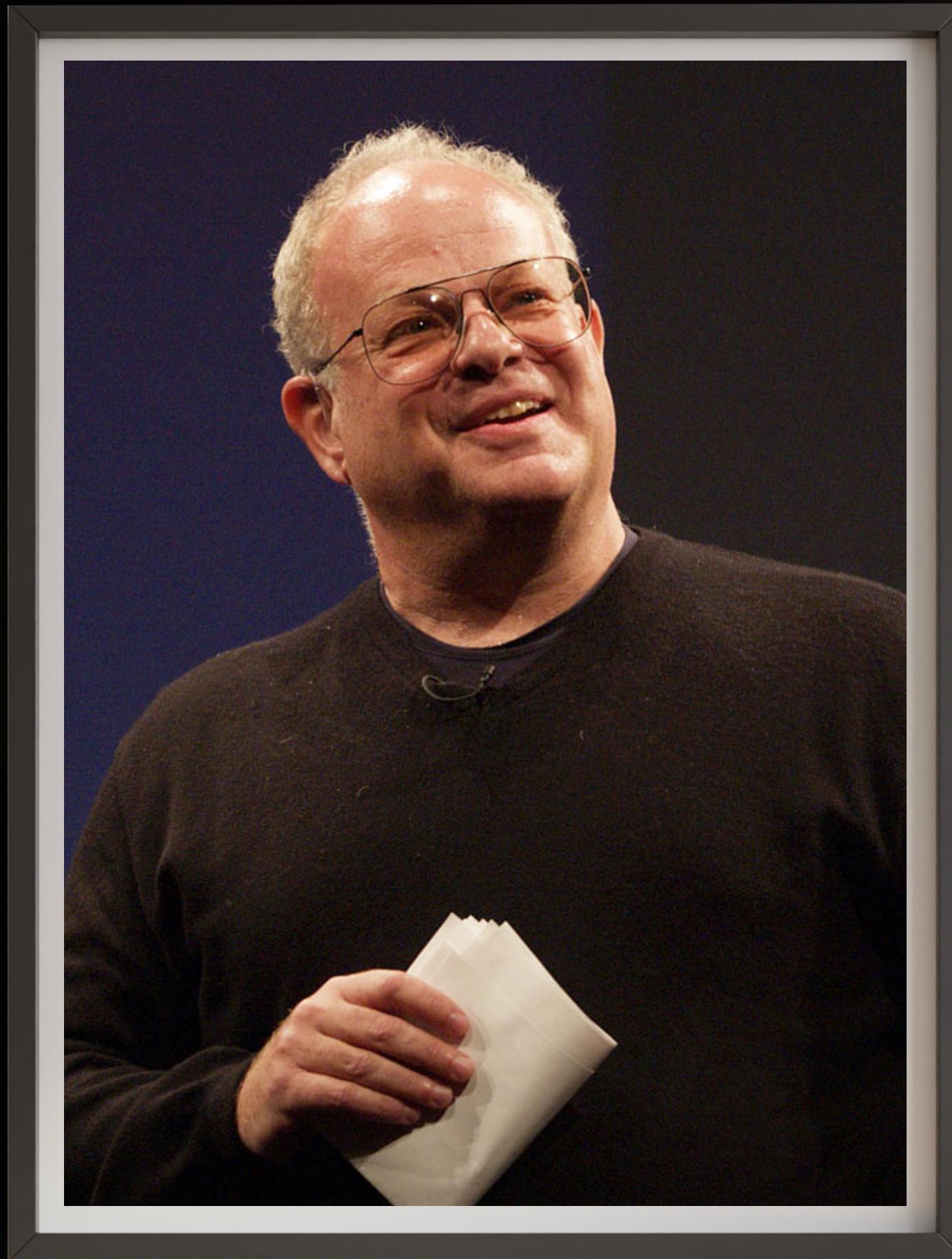
Today's Gameplan

- 1 Positive Psychology 101
- 2 Happiness Drives Success, Not Vice Versa

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Martin Seligman and Mihaly Csikszentmihalyi walk into a bar...



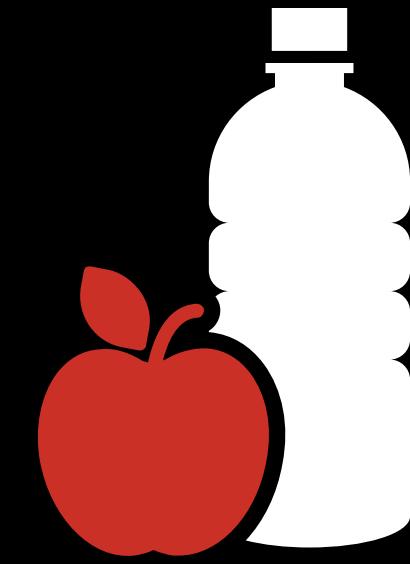
Positive Psychology Physical Basics

- 1 Sleep (7-8 hours)**
- 2 Nutrition/Hydration**
- 3 Social Support**

Positive Psychology Physical Basics



Sleep (7-8 hours)

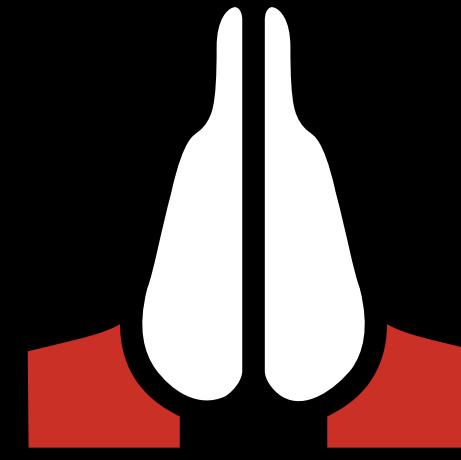


Nutrition/Hydration

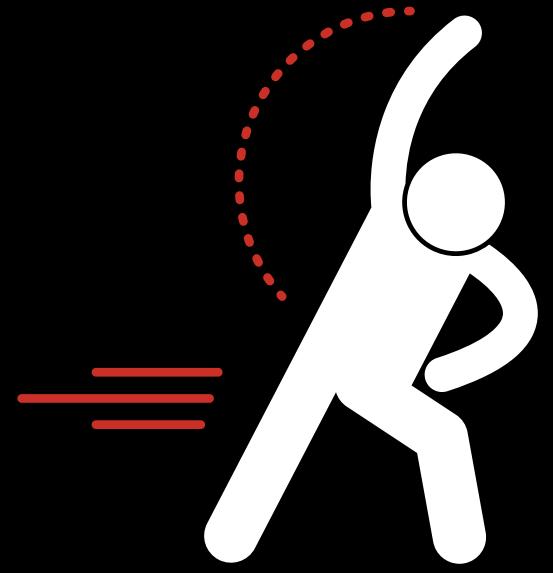


Social Support

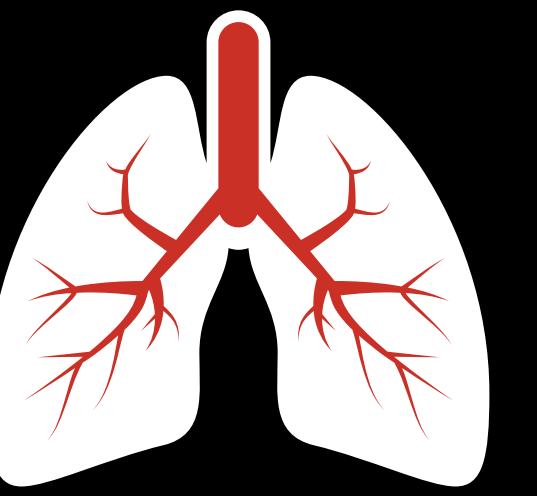
Positive Psychology Mental Basics



Gratitude



Exercise



Respiration (7 x 7)



Nature

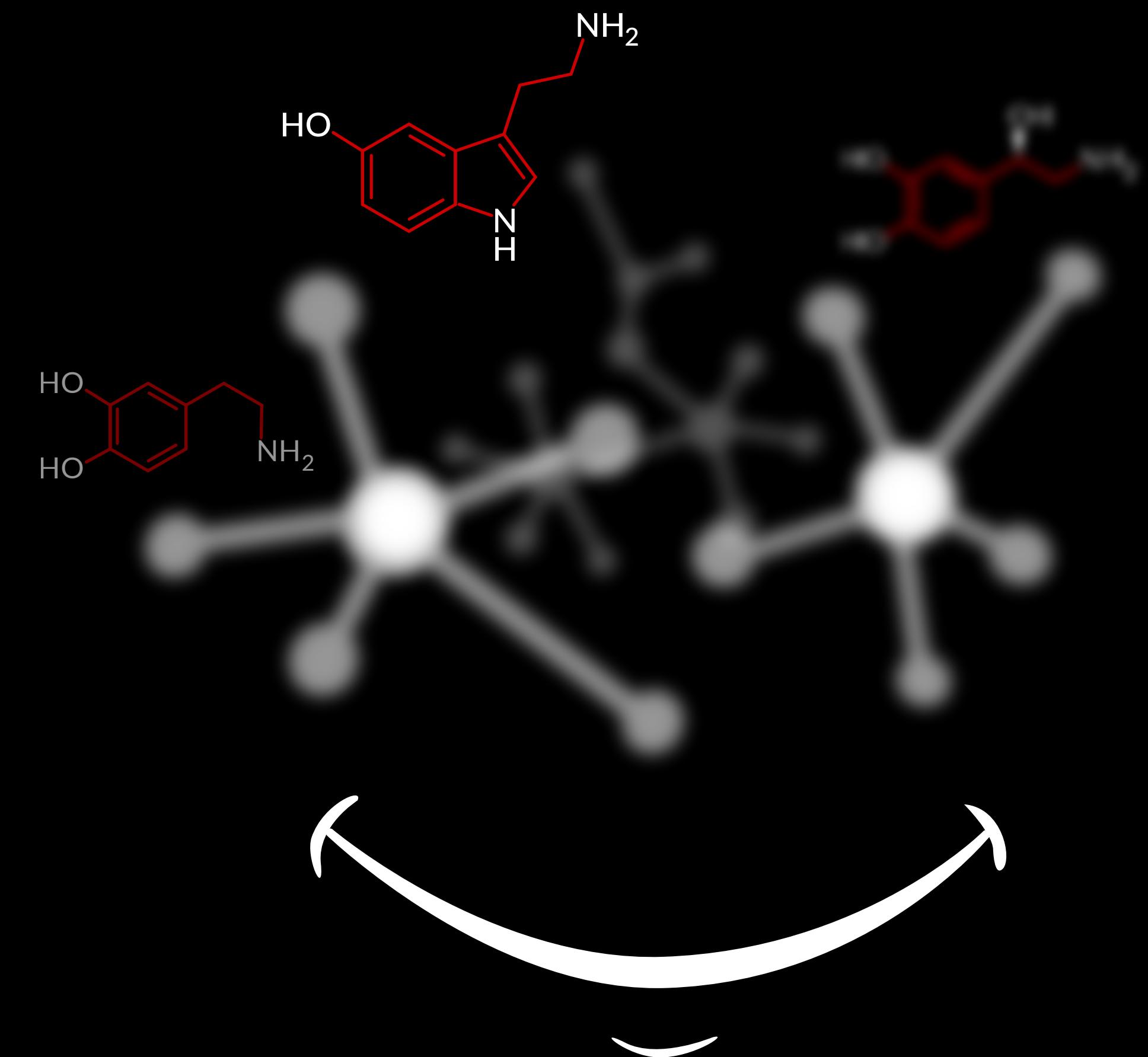
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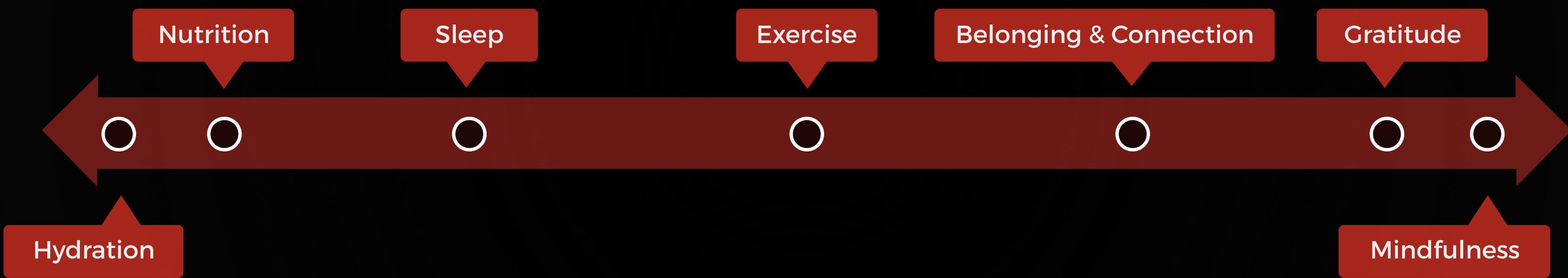
Humanity Is Unanimously and Biologically Wired For Positive Affect



Biology Has Decided What Makes Us Happy



Assumed Biological Necessities



Biologically Determined:
“Can’t function optimally without”

Personality Determined:
“Helps some people”

Actual Biological Necessities



Biologically Determined:
“Can’t function optimally without”

Personality Determined:
“Helps some people”

Biological predeterminism is broader than we think!

“Be a good animal, true to your instincts.” – D.H. Lawrence

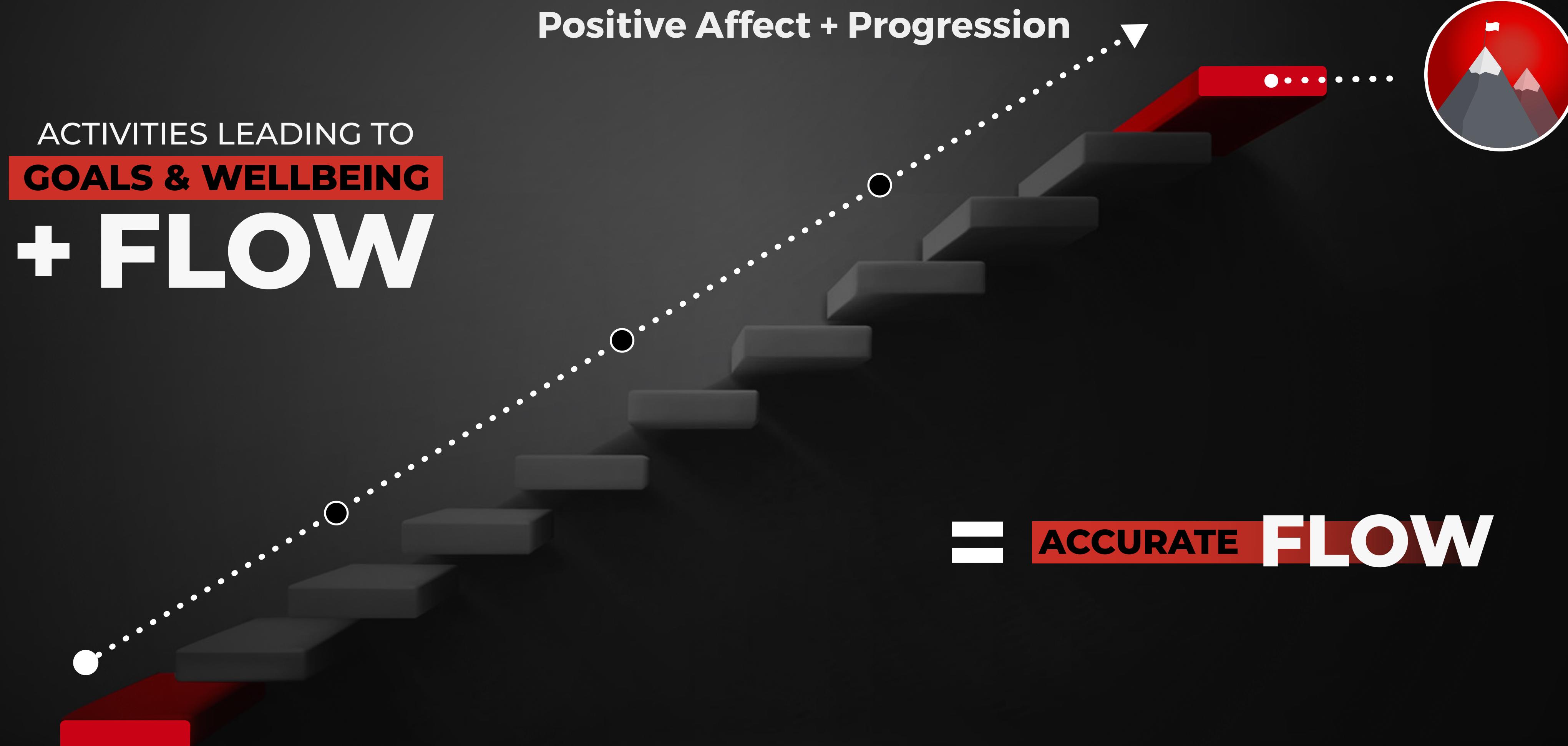
“At dawn, when you have trouble getting out of bed, tell yourself: ‘I have to go to work — as a human being. What do I have to complain of, if I’m going to do what I was born for — the things I was brought into the world to do? Or is this what I was created for? To huddle under the blankets and stay warm?’”
— *But it’s nicer in here...*

“So you were born to feel ‘nice’? Instead of doing things and experiencing them? Don’t you see the plants, the birds, the ants and spiders and bees going about their individual tasks, putting the world in order, as best they can? And you’re not willing to do your job as a human being? Why aren’t you running to do what your nature demands?”
— *But we have to sleep sometime ...*

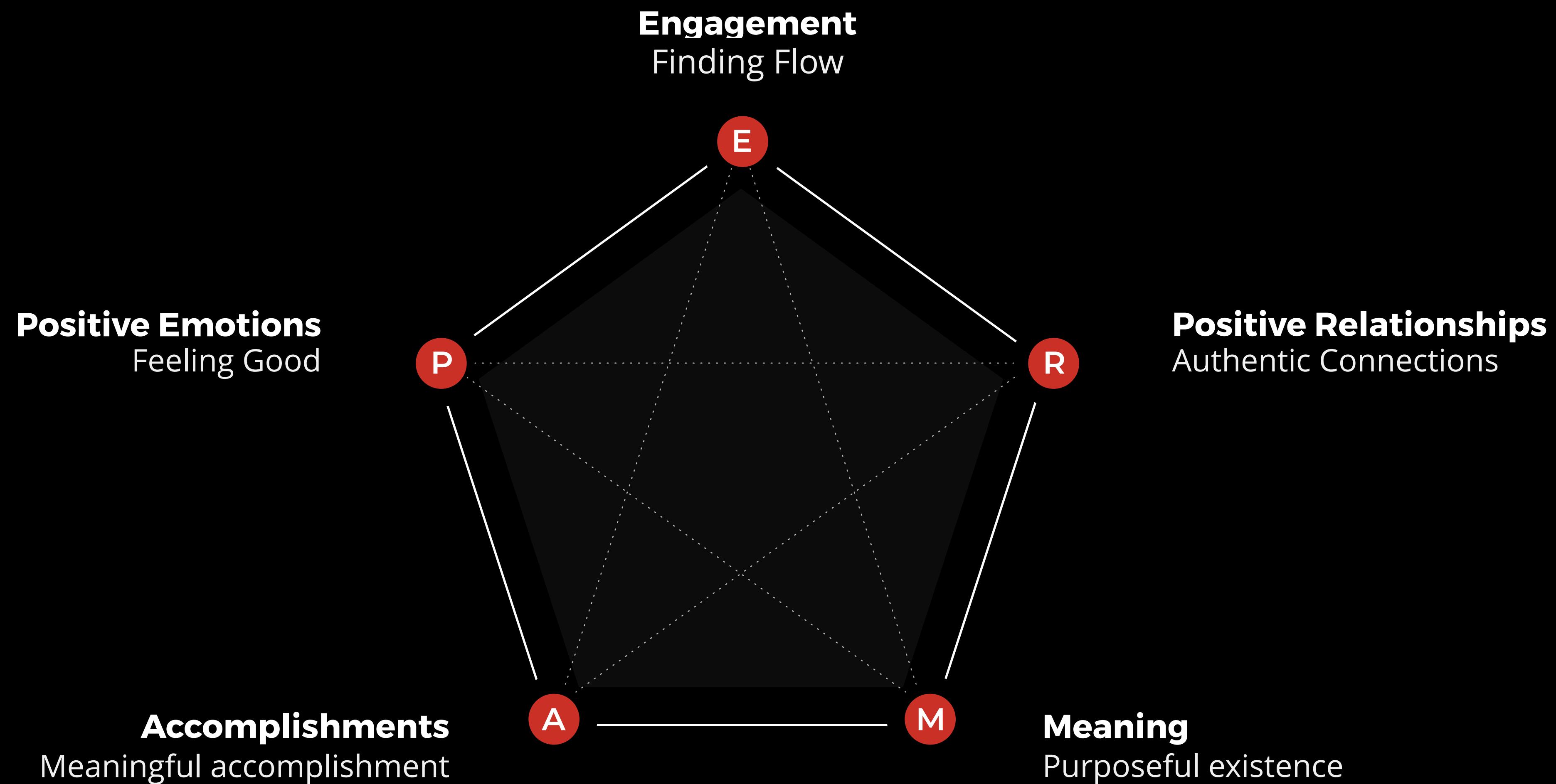
“Agreed. But nature set a limit on that — as it did on eating and drinking. And you’re over the limit. You’ve had more than enough of that. But not of working. There you’re still below your quota.””

– *Marcus Aurelius.*

Accurate Flow Is Simultaneous Happiness and Success



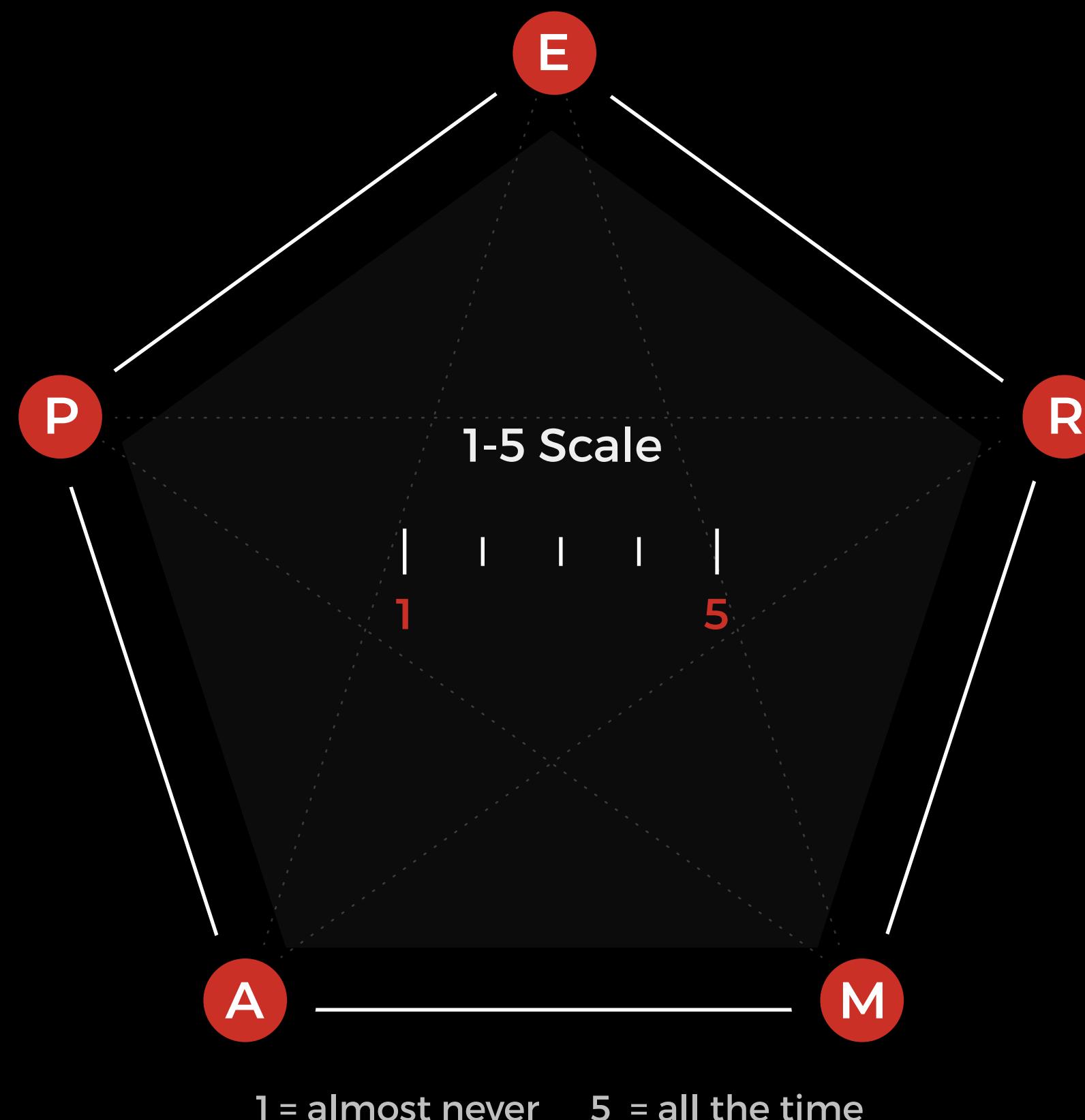
Exercise – The Perma Happy Map



The PERMA Happy Map Implementation

STAGE 1

Mapping Baseline Happy: Finding out where the client sits with respect to each element of PERMA.



P Positive Emotions

On a scale of 1-5, how much of the time are you experiencing “positive emotion”?

E Engagement

On a scale of 1-5, how much of your “engaged day” (time where flow states are desirable) is spent in flow?

R Positive Relationships

On a scale of 1-5, how often are your interactions with other people in your life fulfilling?

M Meaning

On a scale of 1-5, how often do you feel connected to a deep sense of purpose greater than yourself?

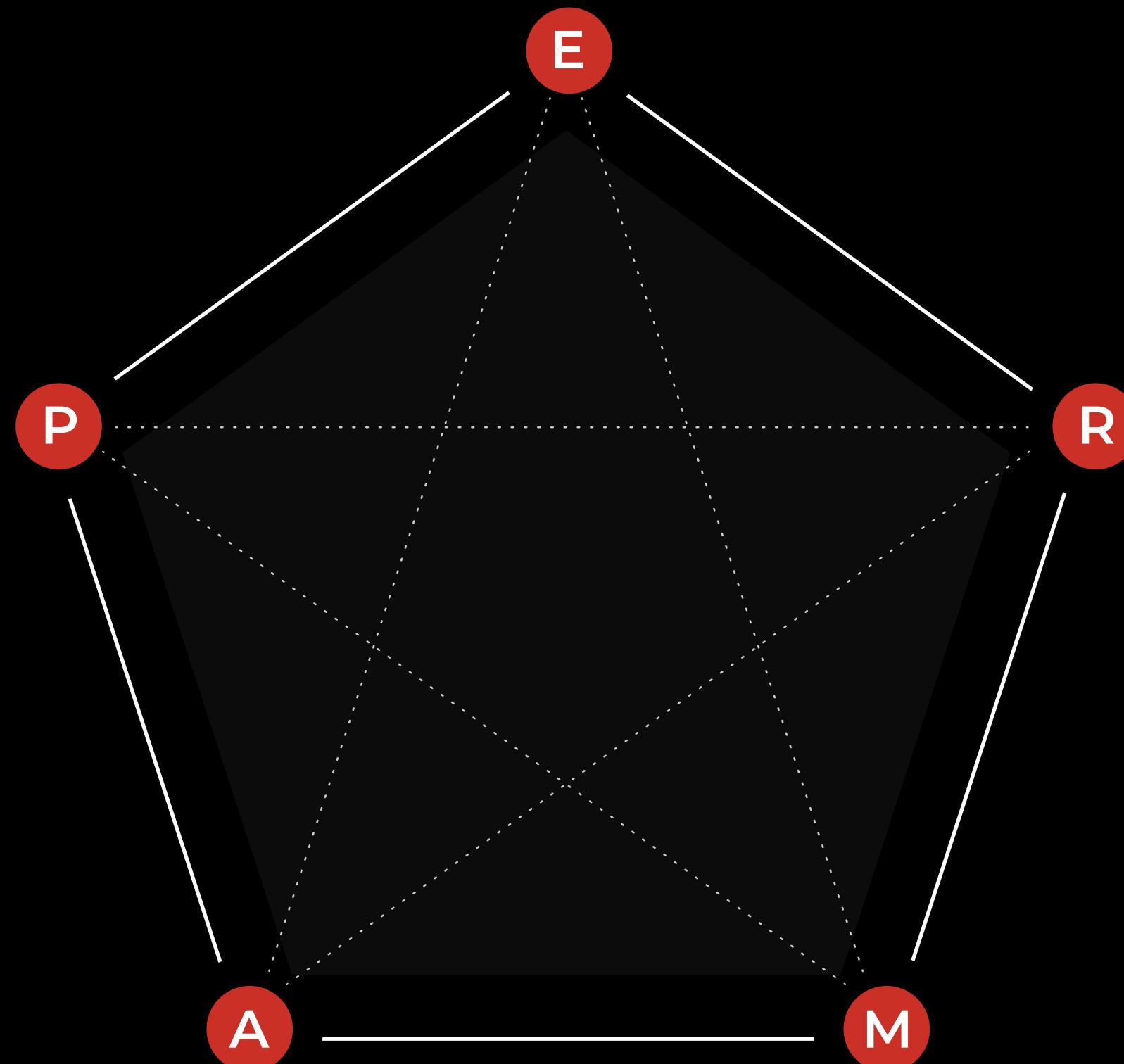
A Accomplishments

On a scale of 1-5, how often do you feel content with what you’ve accomplished and are accomplishing?

The PERMA Happy Map Implementation

STAGE 2

Finding The Source of Happy: Determine the activities, experiences, people (etc) that contribute most to the clients wellbeing.



P Positive Emotions

What 20% of experiences bring you 80% of your positive experience?

E Engagement

What are the one or two activities in your life where you get into the deepest flow states?

R Positive Relationships

What 20% of your relationships bring you 80% of the relational contentment you currently experience?

M Meaning

What activities make you feel most like you're contributing to something larger than yourself?

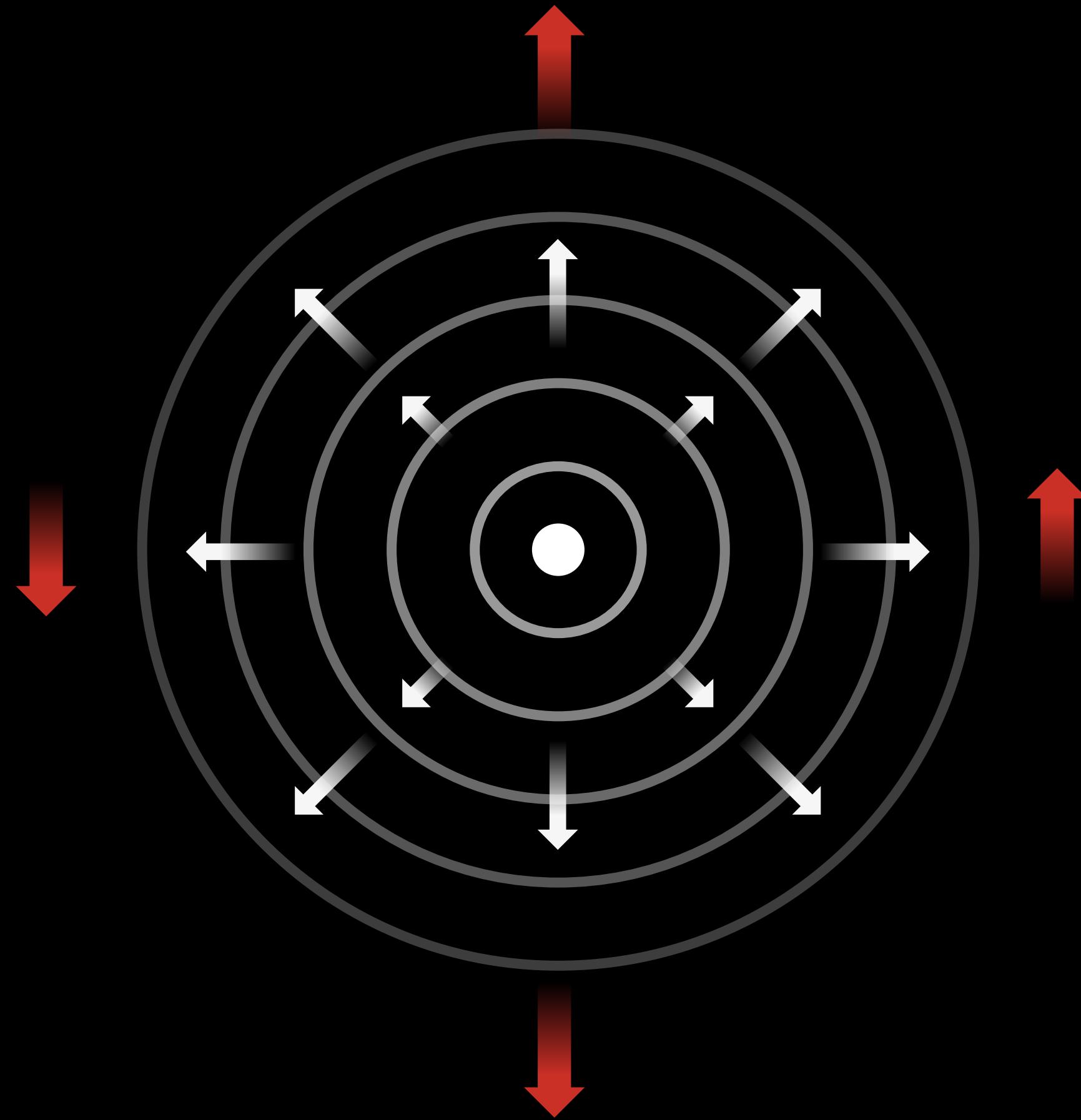
A Accomplishments

What are the one or two accomplishments, that would bring you maximal satisfaction over the coming X PERIOD?

The PERMA Happy Map Implementation

STAGE 3

Rebalancing Happy: Planning steps to expand the highest yield activities, experiences, people (etc) to accelerate flourishing.

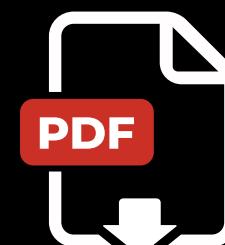


What we covered:

- 1 Positive Psychology 101
- 2 Happiness Drives Success, Not Vice Versa

Exercise:

Take Seligman's VIA Character Strengths Assessment



Download Workbook
To get started



Exercise:

Implement The Perma Happy Map



Download Workbook
To get started

