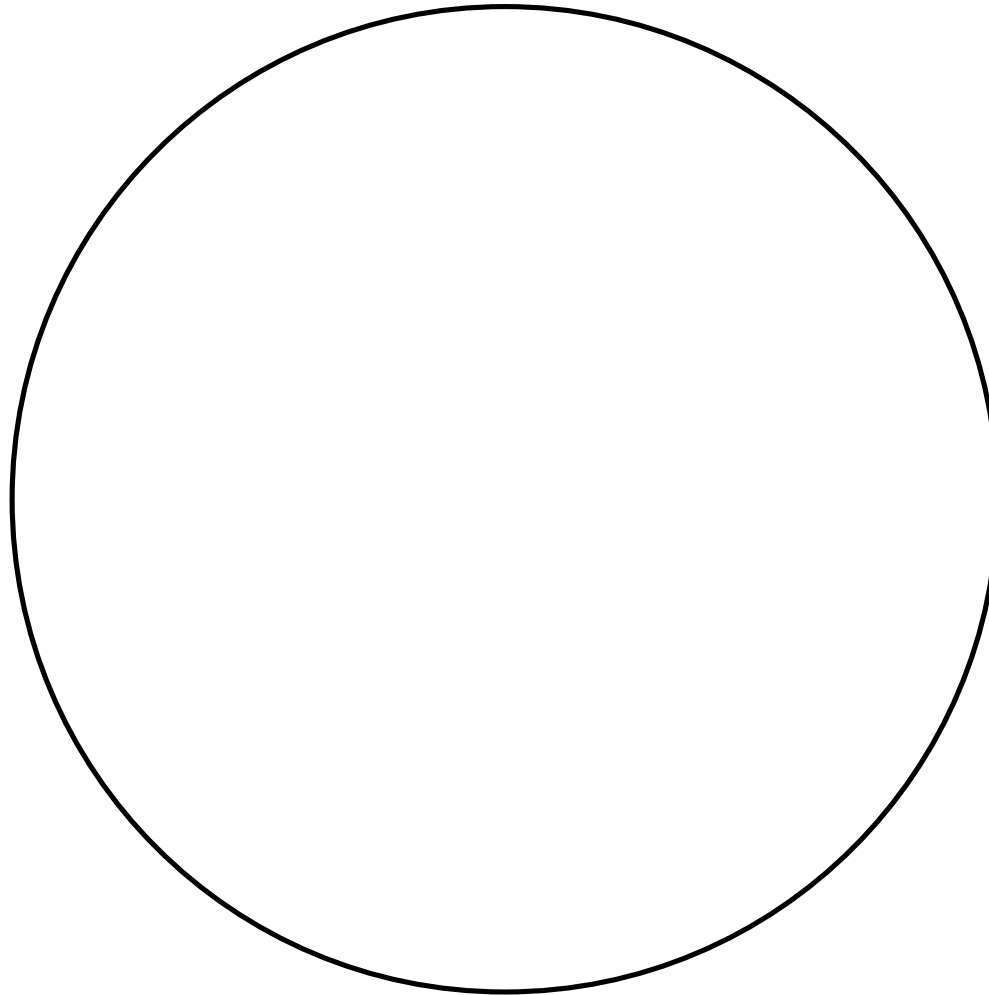


THE SCIENCE OF WELL-BEING

REWIREMENT WORKBOOK



WEEK 1



MEASURE YOUR HAPPINESS:

Go back to the course under “Your Rewirements for this Week” for resources on how to measure your happiness using validated psychological instruments. By measuring your happiness at the start of the course, your score will act as a baseline measurement to compare to later on. If you do not want to take surveys online (Options 1 or 2), you can answer the following question and use that as your measure (Option 3): On a scale of 1-5, how happy are you with your life right now?

NOTE YOUR SCORES:

Write your survey results below and note the date here: _____

| | | |
|----------|---------------------|----------------------|
| 1 | <u>PERMA</u> | <u># 0-10</u> |
| | Positive emotions | _____ |
| | Engagement | _____ |
| | Relationships | _____ |
| | Meaning | _____ |
| | Accomplishment | _____ |
| | Health | _____ |
| | Negative emotions | _____ |
| | Loneliness | _____ |
| | Overall Well-Being | _____ |

| | | |
|----------|-----------------------------------|---------------------|
| 2 | <u>AUTHENTIC HAPPINESS</u> | <u># 1-5</u> |
| | Overall | _____ |

| | | |
|----------|-------------------------------|---------------------|
| 3 | <u>HOW HAPPY SCALE</u> | <u># 1-5</u> |
| | Overall | _____ |



USE YOUR SIGNATURE STRENGTHS:

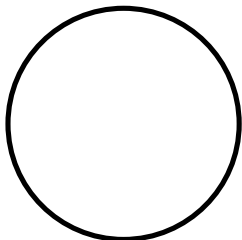
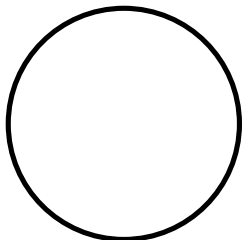
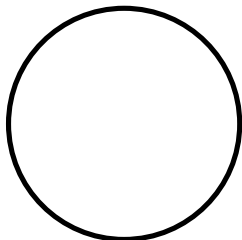
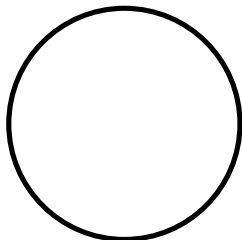
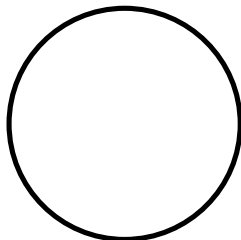
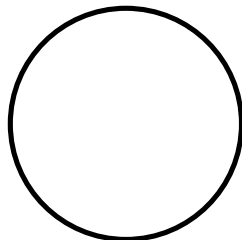
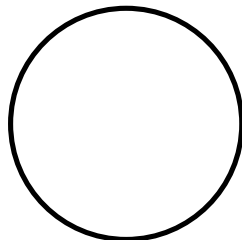
Go back to the course under “Your Rewirements for this Week” for resources on how to determine your signature strengths and a list of ideas on how to use them. Once you have discovered your top strengths, try to use them in new ways every day for a week.

LIST YOUR TOP STRENGTHS:

| | | | | | | | |
|---|-------|---|-------|---|-------|---|-------|
| 1 | _____ | 2 | _____ | 3 | _____ | 4 | _____ |
|---|-------|---|-------|---|-------|---|-------|

TRACK YOUR PROGRESS:

Use the circles below to track your progress. Each circle represents a day of the week and you can label the date using the lines above each circle. Mark the circle on days you completed the rewirement – shade in the circle, write a check mark, draw a smiley face, initial, or whatever you want. Get creative! Ultimately, you will know what types of visual cues are best for you.

| | | | | | | |
|---|---|---|--|---|---|---|
| _____ | _____ | _____ | _____ | _____ | _____ | _____ |
|  |  |  |  |  |  |  |



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WEEK 2

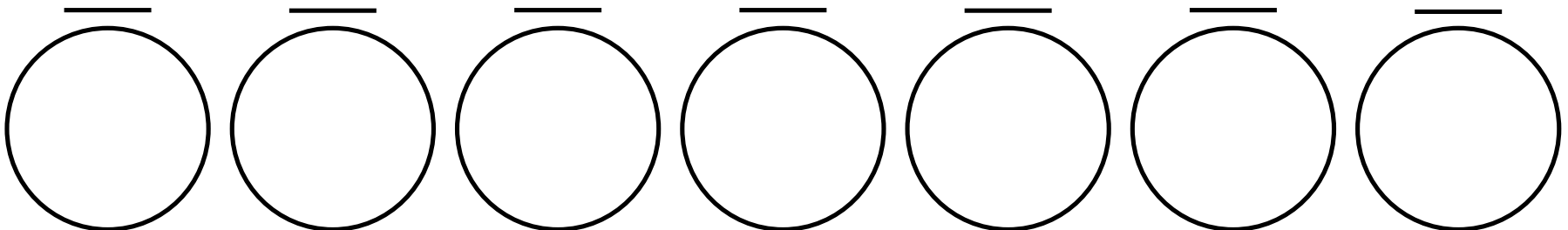


SAVORING:

Savoring is the act of stepping outside of an experience to review and appreciate it. Savoring intensifies and lengthens the positive emotions that come with doing something you love. This week, practice the art of savoring by picking one experience to truly savor each day. It could be a nice shower, a delicious meal, a great walk outside, or any experience that you really enjoy. When you take part in this savored experience, be sure to practice some common techniques that enhance savoring. These techniques include: sharing the experience with another person, thinking about how lucky you are to enjoy such an amazing moment, keeping a souvenir or photo of that activity, and making sure you stay in the present moment the entire time.

TRACK YOUR PROGRESS:

Use the circles below to track your progress. Each circle represents a day of the week and you can label the date using the lines above each circle. Mark the circle on days you completed the rewirement – shade in the circle, write a check mark, draw a smiley face, initial, or whatever you want. Get creative! Ultimately, you will know what types of visual cues are best for you.



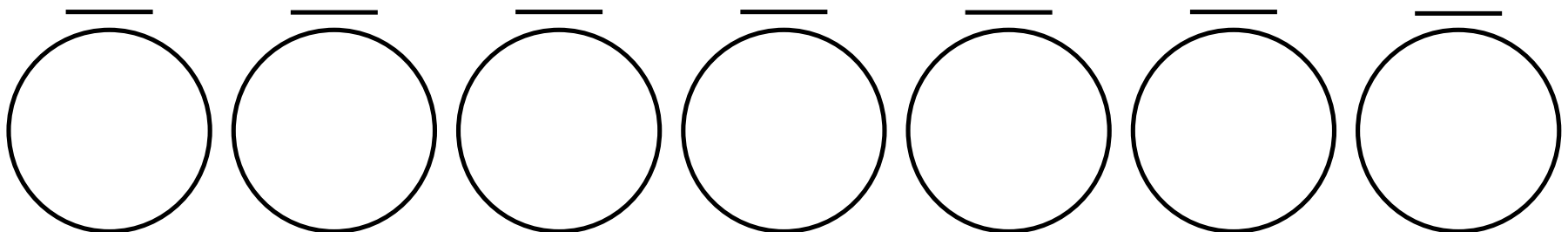


DAILY GRATITUDE JOURNAL:

Gratitude is a positive emotional state in which one recognizes and appreciates what one has received in life. Research shows that taking time to experience gratitude can make you happier and even healthier. For the next seven days, take 5-10 minutes each night to write down five things for which you are grateful. They can be little things or big things. But you really have to focus on them and actually write them down. You can just write a word or short phrase, but as you write these things down, take a moment to be mindful of the things you're writing about (e.g., imagine the person or thing you're writing about, etc.). This exercise should take at least five minutes. Do this each night for the whole week.

TRACK YOUR PROGRESS:

Use the circles below to track your progress. Each circle represents a day of the week and you can label the date using the lines above each circle. Mark the circle on days you completed the rewirement – shade in the circle, write a check mark, draw a smiley face, initial, or whatever you want. Get creative! Ultimately, you will know what types of visual cues are best for you.



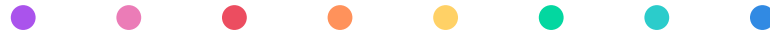


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WEEK 3

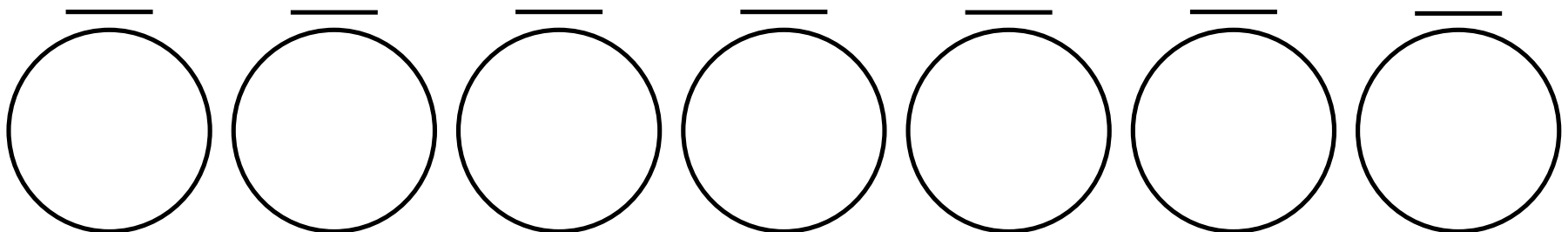


RANDOM ACTS OF KINDNESS:

Research shows that happy people are motivated to do kind things for others. Over the next seven days, try to perform seven acts of kindness beyond what you normally do. You can do one extra act of kindness per day, or you can do a few acts of kindness in a single day. These do not have to be over-the-top or time-intensive acts, but they should be something that really helps or impacts another person. For example, help your colleague with something, give a few dollars or some time to a cause you believe in, say something kind to a stranger, write a thank you note, give blood, and so on. At the end of each day, list your random act of kindness. Just make sure you've finished seven total new acts of kindness by the end of the week.

TRACK YOUR PROGRESS:

Use the circles below to track your progress. Each circle represents a day of the week and you can label the date using the lines above each circle. Mark the circle on days you completed the rewirement – shade in the circle, write a check mark, draw a smiley face, initial, or whatever you want. Get creative! Ultimately, you will know what types of visual cues are best for you.



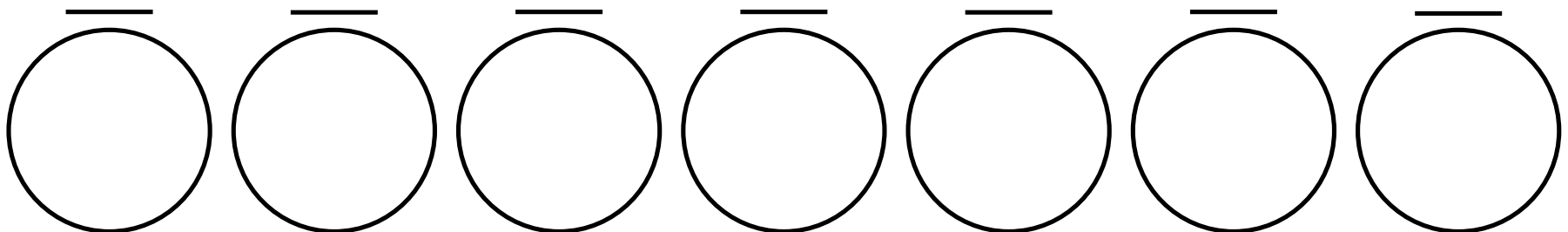


SOCIAL CONNECTION:

Research shows that happy people spend more time with others and have a richer set of social connections than unhappy people. Studies even show that the simple act of talking to a stranger on the street can boost our mood more than we expect. This week, you will try to focus on making one new social connection per day. It can be a small 5-minute act like sparking a conversation with someone on public transportation, asking a coworker about his/her day, or even chatting to the barista at a coffee shop. At least once this week, take a whole hour to connect with someone you care about. The key is that you must take the time needed to genuinely connect with another person. At the end of the day, list the social connection you made and notice how you feel when you jot it down.

TRACK YOUR PROGRESS:

Use the circles below to track your progress. Each circle represents a day of the week and you can label the date using the lines above each circle. Mark the circle on days you completed the rewiring – shade in the circle, write a check mark, draw a smiley face, initial, or whatever you want. Get creative! Ultimately, you will know what types of visual cues are best for you.





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A series of horizontal lines for writing, consisting of solid top and bottom lines with a dashed midline, repeated across the page.

WEEK 4

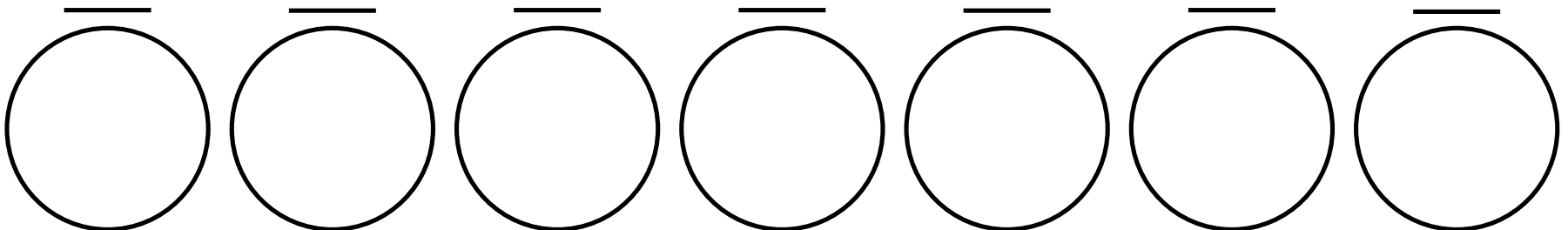


EXERCISE:

Research suggests that ~30 minutes a day of exercise can boost your mood in addition to making your body healthier. For the next week, you will spend each day getting your body moving with at least 30 minutes of exercise. Set aside a location and time (write it in your calendar!). Then hit the treadmill at the gym, do an online yoga class, or throw on some headphones and dance around your room to cheesy pop songs. This isn't supposed to be a marathon-level of activity; it's just to get your body moving a bit more than usual (Note: if you have physical limitations that prevent you from doing this week's activity, do plan to skip it for obvious reasons). Be sure to take a moment to notice how much better you feel after getting some exercise in.

TRACK YOUR PROGRESS:

Use the circles below to track your progress. Each circle represents a day of the week and you can label the date using the lines above each circle. Mark the circle on days you completed the rewirement – shade in the circle, write a check mark, draw a smiley face, initial, or whatever you want. Get creative! Ultimately, you will know what types of visual cues are best for you.



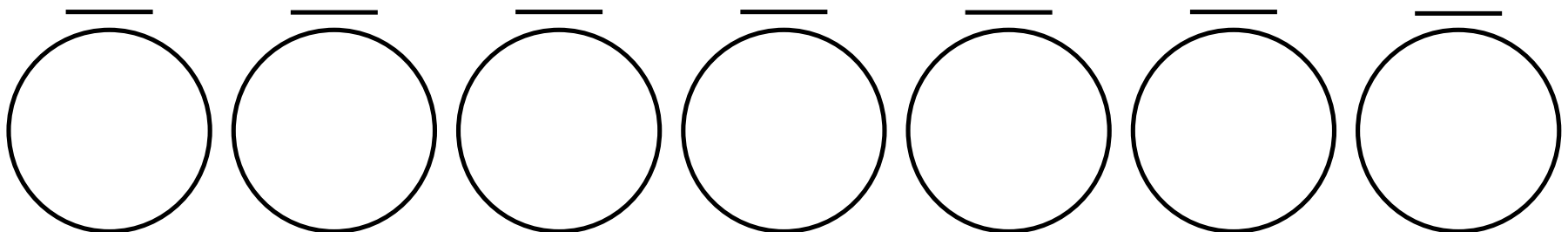


SLEEP:

One of the reasons we're so unhappy in our modern lives is that we're consistently sleep deprived. Research shows that sleep can improve your mood more than we often expect. For the next week, aim to get at least seven hours of sleep for at least four nights of the next week. I know, I know. You're super busy this week. There are deadlines to meet, friends to see, errands to run, etc. But sleep is going to make you feel better— both physically and mentally. So pick four nights this week, note them in your calendar, and get ready to get some much needed sleep. Also be sure to practice good sleep hygiene too— no devices before bed and try to avoid caffeine and alcohol on the days you're getting your sleep on. Make sure you get four nights of 7+ hours over the course of the week.

TRACK YOUR PROGRESS:

Use the circles below to track your progress. Each circle represents a day of the week and you can label the date using the lines above each circle. Mark the circle on days you completed the rewirement – shade in the circle, write a check mark, draw a smiley face, initial, or whatever you want. You may also note the number of hours of sleep each night inside the circle, as well.



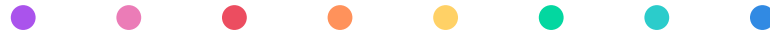


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WEEK 5

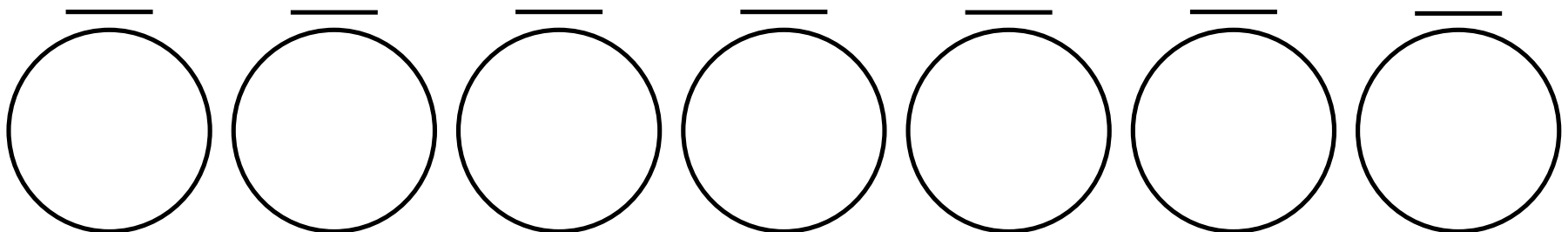


MEDITATE:

Meditation is a practice of intentionally turning your attention away from distracting thoughts toward a single point of reference (e.g., the breath, bodily sensations, compassion, a specific thought, etc.). Research shows that meditation can have a number of positive benefits, including more positive moods, increased concentration, and more feelings of social connection. For the next week, you will spend each (at least) 10 minutes per day meditating. Find a quiet spot where you won't be disturbed while you're meditating. You can go back to the course under "Your Rewirements for this Week" for a link to three guided meditations available on SoundCloud. And remember—meditation isn't about the meditation itself; it's about building a skill that we can use later.

TRACK YOUR PROGRESS:

Use the circles below to track your progress. Each circle represents a day of the week and you can label the date using the lines above each circle. Mark the circle on days you completed the rewirement – shade in the circle, write a check mark, draw a smiley face, initial, or whatever you want. Get creative! Ultimately, you will know what types of visual cues are best for you.

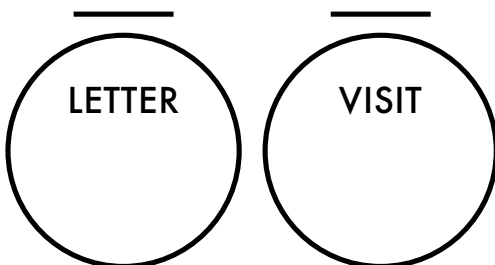




GRATITUDE LETTER/VISIT:

One of your last rewirements is one that research suggests will have a big impact on your happiness and that of another person. This week, write a letter of gratitude to someone you care about. For this assignment, think of one living person who has made a big difference in your life, but whom you never properly thanked. Then find a quiet spot when you have a half-hour free and write a heartfelt letter to that person explaining how he or she has touched your life and why he or she is meaningful to you. Your letter can be as long as you want, but try to make it at least 300 words or so. Then you must deliver that letter to the person in question. Just say you want to talk to that person without explaining why. You could read the letter to your chosen person over the phone or Skype, but for an extra huge happiness boost, we recommend scheduling a time to visit this person in person to share your letter. However you meet up, you should read the letter aloud. We also recommend that you both have some tissues handy for this one. A gratitude letter is one of the most powerful tool for increasing happiness because it can forge social bonds and really change someone's life.

DID YOU DO THIS REWIREMENT?



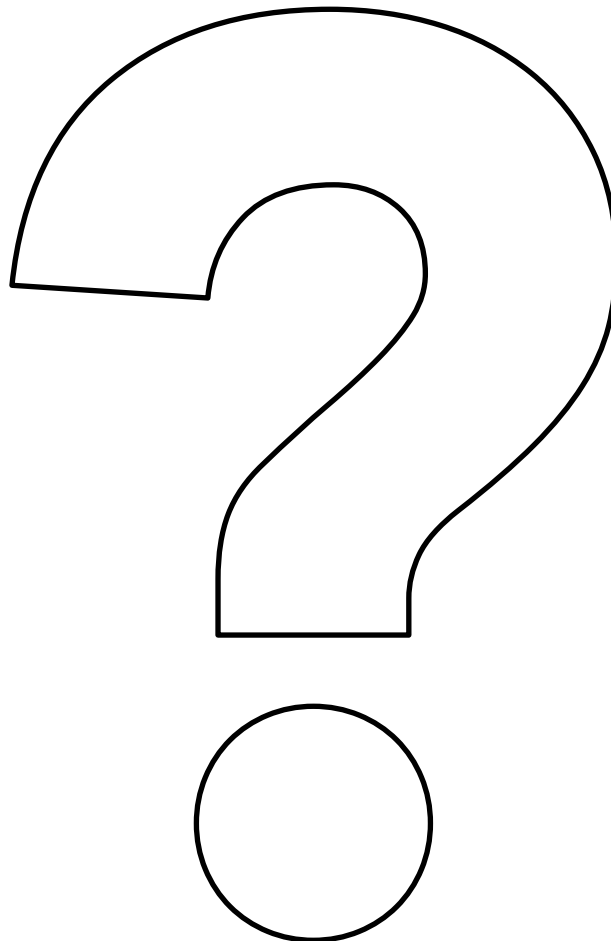


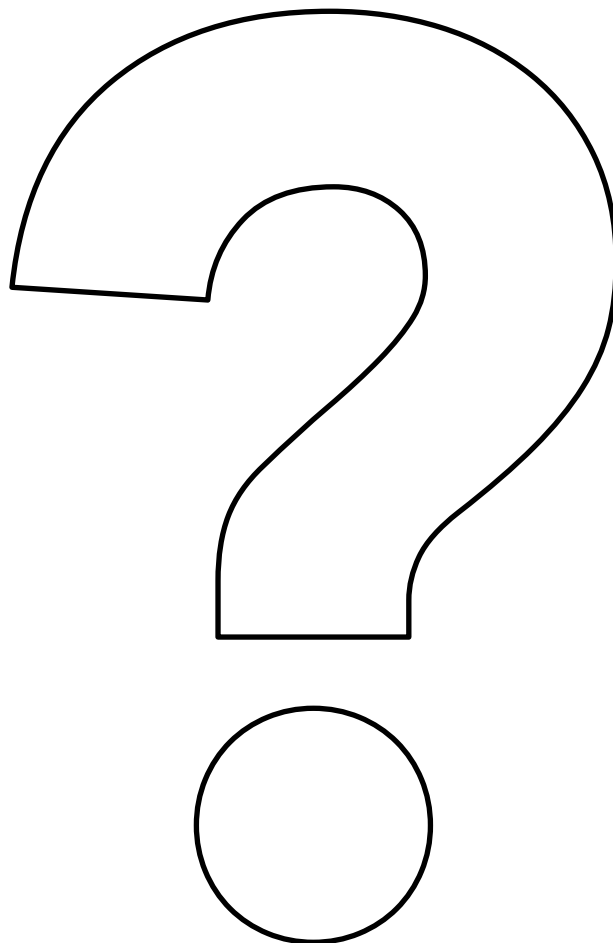
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WEEK 6





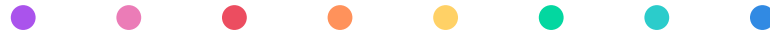


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WEEK 7



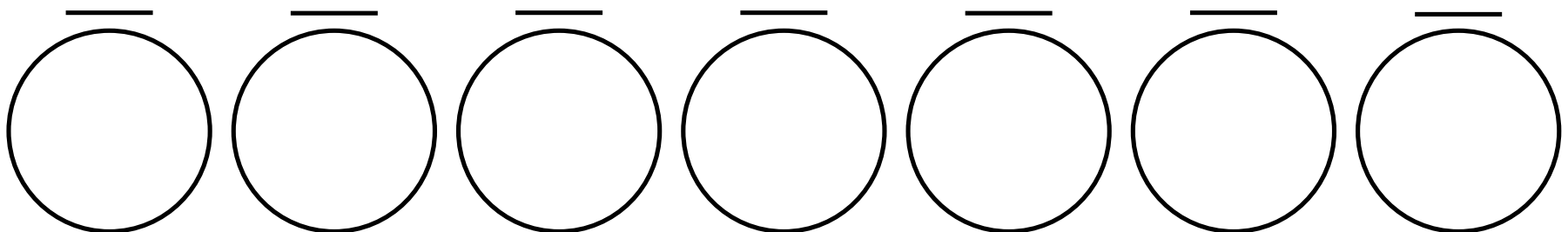
FINAL REWIREMENT CHALLENGE: WEEK 1

The hope is that by this point in the course, you have sampled several rewirements such as: using your strengths, savoring experiences, keeping a gratitude journal, connecting to others, performing kindness for others, exercising and sleeping more, meditating, and writing a gratitude letter. Pick one of the requirements from the course that resonated with you, one that you want to practice in earnest. Perhaps you want to tackle the rewirement that was the most challenging for you to complete or maybe you want to focus on the rewirement that had the most positive impact on your mood. Whatever your reasons may be, we want you to put this rewirement into practice for 4 weeks in hopes of making a long-term habit.

PRO TIP:

Make a plan! Think about how many times you will do your rewirement, when will you do it, where will you do it, who will you do it with? Having concrete answers to these questions will help you stick to your plan.

COMMIT TO 1 REWIREMENT FOR 4 WEEKS & TRACK YOUR PROGRESS:





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WEEK 8

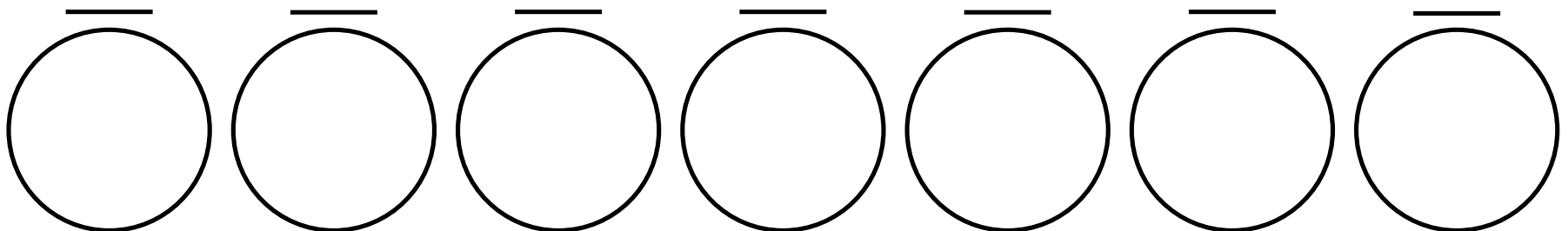


FINAL REWIREMENT CHALLENGE: WEEK 2

PRO TIP:

Socially commit to your rewirement. Tell someone about the change you are trying to make. Feel free to share will your fellow learners by using the Discussion Forums.

CONTINUE YOUR REWIREMENT CHALLENGE & TRACK YOUR PROGRESS:





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WEEK 9

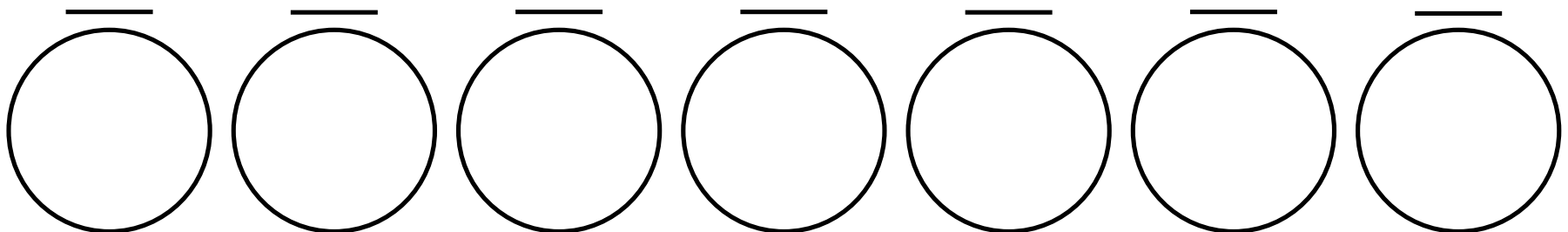


FINAL REWIREMENT CHALLENGE: WEEK 3

PRO TIP:

Design your environment to set yourself up for success. Take a moment to consider situation support and brainstorm ways to promote good environments and fix bad environments.

CONTINUE YOUR REWIREMENT CHALLENGE & TRACK YOUR PROGRESS:





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WEEK 10

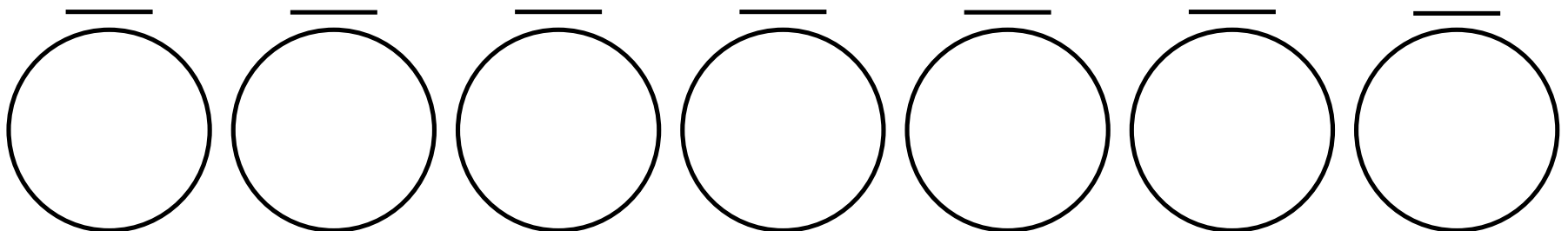


FINAL REWIREMENT CHALLENGE: WEEK 4

PRO TIP:

Try your best to have a growth mindset. Think of this rewirement challenge as a learning experience and focus on your progress. Changing behaviors is hard but with a bit of effort and dedication you can improve your outcomes.

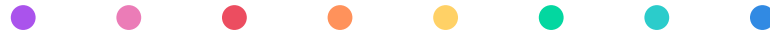
CONTINUE YOUR REWIREMENT CHALLENGE & TRACK YOUR PROGRESS:





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WEEK 10



MEASURE YOUR HAPPINESS, AGAIN:

To see if this course (and doing the rewirements specifically) has helped you feel a little happier, we want to you retake your level of happiness using the same method you used at the beginning on the course. Go back to the course under “Your Rewirements for this Week” to take (1) the PERMA Profiler or (2) the Authentic Happiness Inventory. If you do not want to take the happiness surveys online, you can answer the following question (3): On a scale of 1-5, how happy are you with your life right now?

NOTE YOUR SCORES:

Write your survey results below and note the date here: _____. How do these scores compare to your baseline?

| | | |
|----------|--------------------|---------------|
| 1 | PERMA | # 0-10 |
| | Positive emotions | _____ |
| | Engagement | _____ |
| | Relationships | _____ |
| | Meaning | _____ |
| | Accomplishment | _____ |
| | Health | _____ |
| | Negative emotions | _____ |
| | Loneliness | _____ |
| | Overall Well-Being | _____ |

| | | |
|----------|----------------------------|--------------|
| 2 | AUTHENTIC HAPPINESS | # 1-5 |
| | Overall | _____ |

| | | |
|----------|------------------------|--------------|
| 3 | HOW HAPPY SCALE | # 1-5 |
| | Overall | _____ |