

5-MINUTE **happier** WORKOUT™

Step 1: Acceptance

Take a moment and think about something that's stressing you. Write it down, as short or as long as you like. Give yourself permission to feel the feelings that come up, without judgment or thinking you should feel differently. Once you've acknowledged how you feel, take a few deep breaths and give yourself permission to move on.

Step 2: Gratitude

Write down three things, comforts, or people you're grateful for right now. Be specific—less "I'm grateful to be alive" and more "I'm grateful to be able to enjoy this warm cup of coffee," or "I'm grateful that there was less traffic than usual on my commute."

Step 3: Intentional Kindness

Do something kind. It can be as simple as texting a friend or walking over to a colleague to check in.

You can also combine your Gratitude and Intentional Kindness practices by sending an email, text, or note to someone you appreciate and telling them why. If you don't have time now, make a plan to do something later in the day.

Step 4: The Bigger Why

Look at your to-do list for the day or week and consider how your tasks might serve a greater purpose. Consider focusing on the most challenging or frustrating tasks first. Think about: Does completing this task help another person or team? Does it help you improve your skills or craft? Be specific.

Step 5: Self-Care

Spend a few moments talking to yourself in a supportive, kind, and encouraging way. If you're facing a challenge, remind yourself that you're more likely to get through it if you treat yourself with compassion rather than harshness. You can also use this time to think of one thing you'll do today to nourish yourself.

When you're done, congratulate yourself for taking some time to cultivate your Happier Skills. You're awesome for making your emotional health a priority!

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5 CORE **happier** SKILLS

Acceptance

Learning to look at how you feel and how things are with clarity rather than judgement and allowing yourself to experience the full range of emotions, including the difficult ones.

Gratitude

Making an active choice to notice the small, positive moments in everyday life—even when times are challenging—and sharing your appreciation for other people with them.

Intentional Kindness

Being actively kind to others with the intent to support or elevate them in some way, without expecting anything in return.

The Bigger Why

Regularly connecting with your sense of meaning and purpose by identifying how your daily activities and tasks support bigger goals, help others, or contribute to a cause you believe in.

Self-Care

Actively nurturing a kinder friendship with yourself by practicing self-compassion, learning how to rest and renew, and finding ways to fuel your mind, body, and soul.

Visit www.happier.com to discover more ways to practice your Happier Skills, including tips for being happier at work, short Happier Boost videos, and a video of the 5-minute Happier Workout™.

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