

Additional Resources

36 Ways to Thrive



Research* from the science of Positive Psychology shows that building any of the following practices into your life increases happiness & wellbeing. Try one out for several days to see what works for you, then pick another & repeat!

	What it means	Ways to do it today
Count Your Blessings	Express gratitude for what you have.	1 Keep a gratitude journal 2 Write a letter of gratitude 3 Use gratitude primers
Cultivate Optimism	Envision your ideal future self and practice looking at the bright side.	4 Do the 'Best Possible Future Self' exercise 5 Become aware of your mind chatter 6 Dispute and reframe negative thoughts

36 Ways to Thrive

FREE resource with 36 science-based approaches to increase happiness & wellbeing.

Make today and every day one to smile about!

livewellbehappy.ca/36-ways-to-thrive-find-happiness

FREE ROUTINE RESET SESSION

Book now!



FREE Routine Reset Session

A free session to help you freshen up your daily routines, boost your health and happiness, and get the most out of your day, your weeks, your life.

What we do day in, day out creates our life experience. **Make yours Happier!**

livewellbehappy.ca/free-routine-reset-consultation

Live your Best Life. Be your Best Self.

THRIVE will help you find your path to a happy and fulfilling life through proven and practical strategies and solutions for getting unstuck and taking action to achieve greater health, happiness and wellbeing.



Discounted Life Coaching Packages

I'm accepting new coaching clients and offering a few **half-price one-on-one coaching** packages. If you could use some support with goal-setting, staying on track, making decisions, staying accountable, or trying to maintain balance in life, this would be a good time to try life coaching!

livewellbehappy.ca/coaching

THRIVE 2021

A 6-WEEK science-driven group program in which you'll learn, fall in love with & leverage a series of life-changing mini *mindset makeovers*, **tools** and **powerful, Positive Psychology fundamentals**

For busy women who are craving more positivity in their lives and need to find more time and energy for the things that matter most, including themselves.



THRIVE2021

A 6-week group program that provides a framework with simple but powerful approaches to help bring about **positive shifts in life...** a fresh mindset, more positive outlook, greater clarity & drive, healthier habits and more focus & energy for the things that matter most!

livewellbehappy.ca/thrive2021

Sign up for THRIVE Hive mailing list at LiveWellBeHappy.ca for additional information, resources and events.

Contact me at thrive@livewellbehappy.ca with questions or to learn more about any of the information from the presentation. I also offer individual coaching support to help work through or apply these practices to life.

12 Happiness-Building Strategies

- 1. Count your blessings:** Express gratitude for what you have, either privately or to another person, or give your appreciation to one or more individuals whom you've never properly thanked.
- 2. Cultivate optimism:** Imagine and write about the best possible future for yourself, or practice looking at the bright side of every situation.
- 3. Avoid overthinking and social comparison:** Use strategies (such as distraction) to cut down on how often you dwell on your problems and compare yourself to others.
- 4. Commit to your goals:** Pick a few significant goals that are meaningful to you and devote time and effort to pursuing them.
- 5. Practice acts of kindness:** Do good things for others, whether friends or strangers - either directly or anonymously - either spontaneously or planned.
- 6. Nurture relationships:** Invest time and energy in repairing, strengthening and enjoying relationships.
- 7. Develop strategies for coping:** Practice ways to endure or surmount a recent stress, hardship, or trauma.
- 8. Learn to forgive:** Work on letting go of anger and resentment toward those who have hurt or wronged you.
- 9. Do activities that engage you:** Increase the number of absorbing experiences in which you "lose" yourself.
- 10. Savour life's joys:** Pay close attention, take delight, and recall life's momentary pleasures and wonders.
- 11. Practice spirituality:** Observe or explore a faith or spiritual practice greater than yourself.
- 12. Take care of your body:** Do regular physical activity, meditate, smile and laugh. 😊

Prompts for self-reflection:

- What do I currently do to practice this happiness-building strategy?
- What way(s) could I start practicing this strategy?