



ENLIGHTEN EXERCISE #56

4 Post-It Notes to Maximize Well-Being

DIRECTIONS: Create four post-it notes and place them strategically where you can see them to practice these evidence based exercises to enhance your psychological well-being.

OPTIMISM

Evidence: Research shows that sometimes anticipation can be even more pleasurable than getting what you are anticipating and makes you optimistic (Mitchell, et al., 1997).

Exercise: Write down something that you are looking forward to.

CONFIDENCE

Evidence: Research demonstrates that focusing on your own credentials and achievements boosts confidence and minimizes "choking" under pressure (Beilock, S, 2011.)

Exercise: Write down 2 accomplishments you are really proud of.

HAPPINESS

Evidence: Research demonstrates that the practice of gratitude giving is significantly associated with enhanced subjective well-being (Seligman, M., 2012).

Exercise: Write down three things you are grateful for in your life.

MEANING IN LIFE

Evidence: Research shows that finding purpose in life is the single best predictor of life satisfaction and overall health (Routledge, et al., 2011).

Exercise: Write down a memory of the past that always makes you feel good and brings a smile to your face