

21-Day Positivity Workbook



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Northwest AHEC/Office of Continuing Medical Education's 21-Day Challenge

This simple workbook was based upon Shawn Achor, CEO of Good Think, Inc. and his book, [The Happiness Advantage](#) as well as his May 2011, TedTalk,

https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work

By doing the following 5 things each day for 21 days you can rewire your brain to become more positive, allowing it to work more optimistically and more successfully.

1. Identify and document 3 new things (each day) for which you are grateful – so that your brain retains the pattern of scanning the world not for the negative but for the positive first.
2. Briefly journal about one positive experience you had in the past 24 hours – this allows your brain to relive that positive experience.
3. Exercise – this reminds our brain that our behavior matters.
4. Plan, Do and Document a random act of kindness – perform a simple random act of kindness (send an email/call/tell someone each day and thank, praise and/or acknowledge something they did/do that you appreciate and/or admire). Document how that person reacts.
5. Complete a meditation exercise – this helps our brain reduce our cultural multi-tasking tendencies so we can focus on the task at hand.

Cheers,
Michael, Amy and Marie

Day 1

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 2

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 3

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 4

Date: _____

1. Three new things for which I am grateful today:

- 1. _____
- 2. _____
- 3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 5

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 6

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 7

Date: _____

1. Three new things for which I am grateful today:

- 1. _____
- 2. _____
- 3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 8

Date: _____

1. Three new things for which I am grateful today:

- 1. _____
- 2. _____
- 3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 9

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 10

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 11

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 12

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 13

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 14

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 15

Date: _____

1. Three new things for which I am grateful today:

- 1. _____
- 2. _____
- 3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 16

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 17

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 18

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 19

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 20

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:

Day 21

Date: _____

1. Three new things for which I am grateful today:

1. _____
2. _____
3. _____

2. Journal about one positive experience in last 24-hours:

3. What did I do to exercise my body:

4. My random act of kindness for today:

5. What type of meditation did I complete:
