



The practices shown by Positive Psychology to increase happiness and well-being happen to spell BE MEASURING
(but it is not necessarily important to measure them!)

1	B	<i>B</i> reath <i>e</i>	Breathe deeply
2	E	<i>E</i> xercis <i>e</i>	Physical exercise on a regular basis
3	M	<i>M</i> editat <i>e</i>	Practice focused attention, returning thoughts back to the focus point when they wander
4	E	<i>E</i> m	Understand your own emotions and empathize with others
5	A	<i>A</i> spir <i>e</i>	Know your purpose and take action toward meaningful goals
6	S	<i>S</i> har <i>e</i> & <i>S</i> piritualit <i>y</i>	Volunteer or contribute to a cause you believe in, perform random acts of kindness, connect with higher power
7	U	<i>U</i> plift	Uplift yourself with positive music and thoughts, others with kind words
8	R	<i>R</i> elat <i>e</i>	Spend time interacting with family, friends, and others
9	I	<i>I</i> nspir <i>e</i> Flow	Use the talents that cause you to lose track of time
10	N	<i>N</i> otice	Look up, be aware and mindful, pay attention, smell the roses. Plan and anticipate activities, remember good times.
11	G	<i>G</i> ratitud <i>e</i>	Begin & end the day with appreciation & gratitude. Thank those you are grateful for.