

I Choose Harmony

Change your outlook - Increase your productivity!

Check one of the boxes each day for 21 days in a row. Research has tied these intentional acts to increased happiness and productivity.

Happiness Index:

At start = ____/6

After 21 days = ____/6

Day	Date	3 Gratuities	Journaling	Exercise	Meditation	Random Acts of Kindness
1						
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3						
4						
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This chart is intended to track the incremental steps you make towards increased happiness and greater productivity.

Based on the Ted Talk entitled, "The Happiness Advantage" by Shawn Achor.

Rooted in research: • Emmons & McCullough (2003) • Slatcher & Pennebaker (2006) • Babyak et al. (2000) • Dweck (2007) • Lyubomirsky (2005)

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