



Healthy is a happiness advantage.

Scientific studies show that happier people are more successful and have better health outcomes. 90% of your long-term happiness is predicted by the way your brain processes the world. So, ditch that pessimism and fill your days with optimism.

WHY IT MATTERS

The simple act of positive thinking and viewing stress as a challenge instead of a barrier will not only positively impact your success but can directly impact your health as well. Scientists have discovered that positive thinking shapes the lens in which you view the world, this new lens changes your perspective of stress and negative external influences, allowing you to skate through stressful situations with ease. Through simple exercises of practicing positive thinking for just a few minutes a day scientists have seen benefits like:

- Stronger immune system, reducing the amount you get sick
- 31% increase in productivity, creativity and general success when accomplishing tasks or working
- Reduce blood pressure and improve cardiovascular health
- Reduce pain by as much as 60%

In just a two-minute span of time done for 30 days in a row, we can actually rewire your brain, allowing your brain to actually work more optimistically and more successfully.





Fill your day with positive thoughts.

Rewire your brain with this gratitude exercise to become happier and more efficient in just 2 minutes a day.

Each day write down



things you're grateful for.

They don't have to be profound.



It could be a good cup of coffee



The warmth of a sunny day



Or listening to your favorite song

It doesn't matter what it is, as long as you write it down somewhere.



It could be in a notebook



On a napkin



Or typed into your phone

Let's get started on your 30 day Happiness Advantage Challenge!