

Unleash Your Epic Self

THE MAGAZINE THAT TRANSLATES POTENTIAL INTO PURPOSE



DISCOVER

A guide to developing stronger coping skills and using your strengths in new ways.

STRENGTHEN

Featuring ways to grow your mindset and learn to be more satisfied with your life.

UNLEASH

Inside, a practice to help you live within an optimal range of human functioning.



Sherri Fisher MAPP, M.Ed
Translating Potential Into Purpose

POSITIVE EMOTION

IT'S ALL ABOUT HAPPINESS



"Happiness is not something you postpone for the future. It is something you design for the present.

— JIM ROHN



Discover

What do joy, gratitude, serenity, interest, hope, pride, amusement, inspiration, awe, and love have in common?

These positive emotions are the simple building materials of your happiness. They are also the most common of the positive emotions, those passing feelings that let us know things are going well.

We adapt to the feelings from positive emotions, so they aren't long lasting. That's why you need to notice and keep track of experiences that make you happy.

It's worth it because there are many advantages of positive emotions besides happiness. Positive emotions make you feel good now, and they have future benefits too.



NORMAN LEAR:

"Life is made up of small pleasures, Happiness is made up of those tiny successes. The big ones come too infrequently. And if you don't collect all those tiny successes, the big ones don't really mean anything."



THE ULTIMATE EXPERIENCE

Here are three ways you can profit from positive emotions:

- 1. Expand your mindset** – Negative emotions help make you very focused, and sometimes that is good. However, if you have new problems to solve, emotions like interest are more helpful because they help you stretch your thinking. Be curious!
- 2. Build interpersonal trust** – When you share positive feelings like amusement, joy and love, you build high quality connections with others.
- 3. Increase your positive coping approaches** – Life is full of boring times that you can live with amusement. Being grateful for what is going well is essential for dealing with the day-to-day ups and downs we all face.

Strengthen

Unleash

POSITIVE EMOTIONS: WHEN & WHERE

This week, notice the times and places that you experience these particular positive emotions. You could keep track of them like this:

I felt:

Joyful when

Grateful when

Peaceful when

Interested when

Hopeful when

Proud when

Amused when

Inspired when

Awed when

Loved when

REFLECT

- Read this week's quotations on the second or third page aloud.
- Thinking of your happiness, how can you collect your small moments of success to design your own present happiness?

the

POS-EDGE

model

translating POTENTIAL into PURPOSE

Positivity

Optimism & Resilience

Strengths

Emootional Intelligence

Decision-Making & Change

Goal-setting, Grit, Growth Mindset

Exercise & Engagement



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