

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.



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Translating Potential Into Purpose

Discover

What makes happiness so powerful? Positive emotions work by doing what scientists call “broaden and build”. They **broaden** your willingness to consider new options.

In this way interest or curiosity may help you to be willing to try something new. As a result you may be challenged, and you will also learn and grow from the experience.

Positive emotions also **build** up wellbeing over time, so when times are not so good you have a cushion of good feeling to remind you that things were good before and can be again.

“There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle.”

- Albert Einstein



THE ULTIMATE EXPERIENCE

Research shows us that the boost from happy moments wears off quickly. You probably need three or more positive moments to counteract negative moments.



Even if you've been having a spate of bad luck or bad news, you can make it a practice to spot small good things. While it won't turn those bad things into good ones, it will put you more in charge of your emotions and help you reset negative overload.



Regularly noticing the good things in our lives builds positive emotion. This positivity is more than just a bunch of good feelings. In fact, regular contributions to your positivity "bank" add up. They protect you against the effects of negative emotions.

Strengthen

Unleash

MY POSITIVITY BUILDING ACTIVITY

Here are several ways that you can spot what's going well. Start by thinking very small. Good things don't have to be big at all!

Each day for a week, keep track in your journal of how many times you:

- _____ Connect with a friend
- _____ Wear a favorite "something"
- _____ Have your favorite song pop up randomly on shuffle
- _____ Accomplish a step toward a goal
- _____ Reconsider a problem from a different point of view
- _____ Stick with a plan
- _____ Resist temptation
- _____ Get invited somewhere
- _____ Enjoy the weather
- _____ Add your own!

LET'S GET STARTED!

Imagine that you could relive any of your peak moments from this week's list. In your journal explore this:

What would they be, and why would you want to relive them?



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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