

# CAN WE HOPE TO BE HAPPY?

## BEACON BASICS

### 1. CAN YOU REWIRE YOUR BRAIN?

#### WHAT

This activity is about changing your perspective – shifting your attention to what’s strong, rather than what’s wrong. Our brains are wired to focus on the negative – the issues, risks and problems, that in times gone by could have been a threat to our survival. This focus on the negative is interfering with our ability to thrive – to feel good and function as well as we can. The good news is we can rewire our brains, and this is the first step to moving from surviving to thriving.

#### HOW

Each day for at least one week, write down three things that went well for you that day, and why they went well.

It’s important to write them down or buddy up with someone and tell or text these to each other each night. It’s not enough to just do it in your head! The three things don’t have to be monumental – it might be as simple as “I felt the sun on my face” or “my co-worker made the coffee today” anything that gave you a little lift.

Get into a routine of doing it at the same time, each day for a week – like before bed or at the dinner table with family or friends. You might want to use an app such as Delightful which will remind you each night.

#### HERE ARE SOME GUIDELINES

1. Write down what happened in as much detail as possible, including what you did or said and if others were involved, what they did or said.
2. Include how it made you feel at the time and how it makes you feel now
3. Explain what you think caused this event—why it came to pass.

This can take some effort but gets easier with practice and can make a real difference in how you feel.

#### WHY IT WORKS

By giving you the space to focus on the positive, this practice teaches you to notice, remember, and savor the better things in life. It may prompt you to pay closer attention to positive events down the road and engage in them more fully – both in the moment and later on, when you can reminisce and share these experiences with others. Reflecting on the cause of the event may help attune you to the deeper sources of goodness in your life, fostering a mindset of gratitude.