



The Positive Portfolio

#wakehappy

with Dr. James Pawelski



EUDAEEMONIC
- greek for a deep sense of well-being

sometimes you have to wake up your **HAPPY**

POSITIVE PSYCHOLOGY IS...




* not about masking your true emotions *



D.I.Y PORTFOLIO

Calm + confident energy!

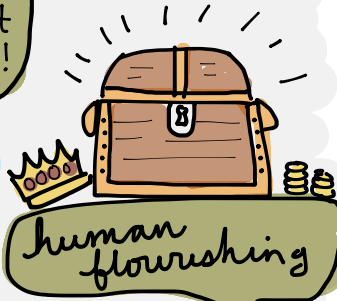
1. Identify strength to cultivate 



2. Collect artifacts



this is what's called a "positive intervention"



human flourishing



3. Spend 15 mins/day immersed in your portfolio

grit!

big data

1 billion

accurate heart disease prediction

4.

Reflect and revise



live happy