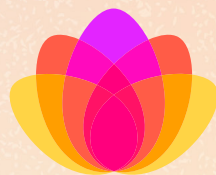


# **How To Be Happy and Boost Self-Esteem with Only *3 exercises***



**flourish**



# 1. Gratitude Journal

Even though it seems like a cliché - **it works!** Simple words on a piece of paper can bring you happiness and relieve you from stress and hurt, and it's even backed up with science!

How?

Set an intention to start a gratitude journal - make it all about your happiness! **Expressing or receiving gratitude triggers dopamine release, making us feel good.** The more you practice gratitude, the more often dopamine is released, making you even happier!

Sometimes it's hard to feel grateful when angry or sad. But rather than pushing aside those negative emotions, why not try expressing them through writing? You might be surprised to find that your feelings take on a life of their own on paper! **Let's give it a try and see what kind of insights we can gain.**



# *Let's start journaling!*

**First, divide your notebook into three sections: Gratitude, Pain, and Anger.**

Then, write about the things, people, and situations you're experiencing - and pay attention to how you feel. Remember, every painful or angry moment can also have a positive side. Focus on the good, but if you recognize another emotion, simply jot it down under the appropriate section. This is a wonderful way to explore your feelings and find gratitude even in difficult moments. Let's get writing!

## **Examples:**

- **PAIN:** I felt all alone today. I tried telling my coworkers I needed their help with approaching deadline, but no one seemed to care.
- **ANGER:** They couldn't find time for me, even though I help them whenever I can! It's not fair!
- **GRATITUDE:** Nevertheless, I am grateful for this job; my manager is amazing. I can talk to them and find a reasonable solution!

Remember, it's completely normal to experience a range of emotions when journaling. It's okay to jump from one feeling to another until you find a solution or feel better. By journaling just twice a week, you can begin to clear your mind and improve your mood, boosting your self-confidence and happiness.

**So take some time for yourself,  
grab your journal, and let's get started!**





## 2. Assertive communication

Assertiveness is about expressing yourself honestly while also considering others' wants, needs, and feelings. It's not just about better communication, but also about building self-esteem and earning respect from others. By being assertive, you can manage stress and avoid taking on too much. If you struggle to say no, assertiveness can help you set boundaries and prioritize your own needs. So don't be afraid to speak up and stand your ground!

**Assertive communication is a skill that can be developed and improved with practice, and here is the recipe!**

### **Ingredients:**

- **"I" statements**
- **Clarity and specificity**
- **Active listening**
- **Empathy and respect**
- **Positive language**
- **Openness to compromise**



# Instructions:

- **Start with an “I” statement** to express your feelings or needs clearly. For example, “I feel overwhelmed when I have too many tasks to complete.”

- **Be specific** by giving examples of the situation to avoid confusion and misunderstandings. For example, “Yesterday, I had five urgent tasks to complete in a short period of time, and I felt very stressed.”

- **Listen actively** to the other person’s perspective and acknowledge their feelings and needs. For example, “I understand that you needed those tasks completed quickly, and I appreciate your input.”

- **Show empathy and respect** for the other person’s feelings and needs. For example, “I understand that you are under a lot of pressure to complete these tasks, and I want to help you in any way I can.”

- **Use positive language** that focuses on finding a solution rather than placing blame. For example, “What can we do to make sure that we both have the time and resources to complete our tasks effectively?”

- **Be open to compromise** and finding a mutually acceptable solution. For example, “Maybe we can prioritize our tasks and delegate some of them to other team members to reduce our workload.”

- **Practice** assertive communication in different situations, and keep improving your skills over time.

By following these steps, you can improve your assertive communication skills and build stronger, healthier relationships with others. Let’s give it a try!



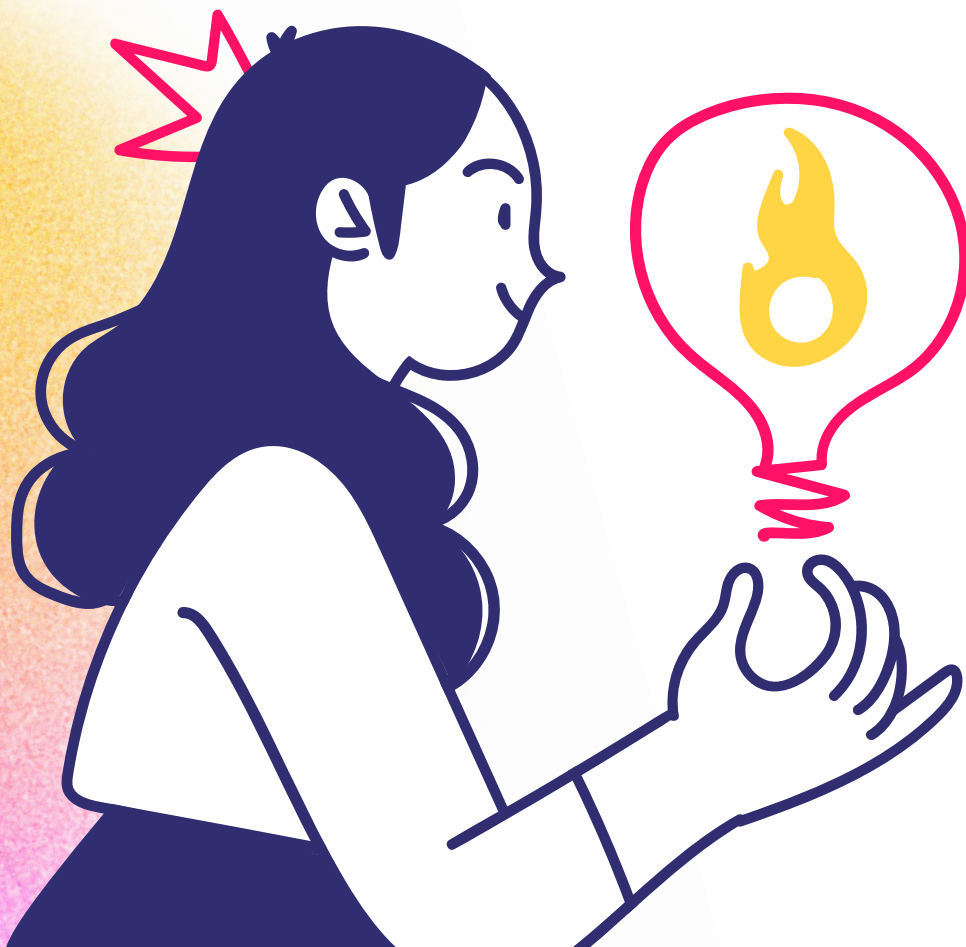
### 3. Power poses

**Want to feel more confident instantly? Power poses can help!**

Power poses are specific body postures that convey confidence and dominance. By adopting these poses, you can increase feelings of power and decrease stress and anxiety.

The idea of power poses became popular after a TED Talk by social psychologist Amy Cuddy in 2012. According to Cuddy, taking a power pose for just a few minutes before a high-stress situation - like a job interview or public speaking - can improve your confidence and performance. So, next time you feel nervous, strike a power pose and feel the difference!

**Sounds funny? Well, we dare you to give it a try! Here's how:**

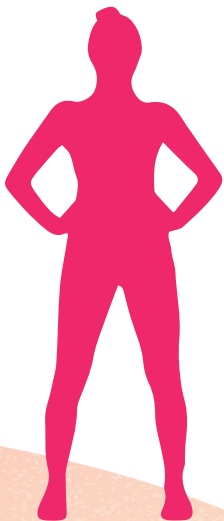




## How to do the exercise

*“Change your posture for two minutes... It could significantly change the way your life unfolds”* - Amy Cuddy

Did you know that striking a high-power pose can make you instantly feel more confident? One of the most common power poses is the “pride” pose, where you open your body to the world around you. Interestingly, even people born blind naturally adopt this pose when they feel victorious - they’ve never even seen it before! Conversely, we tend to close up our bodies when feeling weak or helpless. To feel and appear more powerful, take a moment to stand tall, hold your arms up in a V-shape, and lift your chin. With this simple yet effective pose, there’s no obstacle you can’t overcome!



Ahead of a stressful or nerve-wracking situation, try standing in a high-power pose for just two minutes beforehand. One example of a power pose is the Wonder Woman stance, where you stand with your legs shoulder-width apart, chest out, and hands on your waist. The result? Research shows that power posing can change hormone levels in your body by increasing testosterone (which is linked with dominance) and decreasing cortisol (which is linked with stress). So strike that power pose and feel your confidence soar!

# BONUS TIP

## *Self-improvement Mobile app*

If you're looking for an online tool to boost your confidence and happiness, the Flourish app might be just what you need. Designed by a team of psychologists, this app takes a gamified approach to emotional intelligence, helping you improve yourself personally and professionally.

The app offers a range of exercises to help you boost your happiness and self-esteem, such as "Grateful I am", "Assertive virtuoso," "Optimist learner," with a personalized approach.

**Give Flourish a try and see  
how it can help you feel more  
confident and positive!  
Here is the link for a free trial.**

