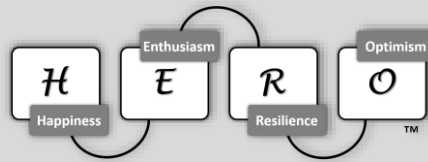


HERO Exercises

Happiness • Enthusiasm • Resilience • Optimism



HAPPINESS & ENTHUSIASM ARE LINKED TO LONGEVITY

1. To increase your happiness, let's work on strengthening your happiness muscle. Take a moment and write down two positive things that you'd like to experience today. Also, two to three times today, find a few minutes to visualize and relish these positive experiences.

- a. _____

- b. _____

2. Having a goal or a project that inspires you will increase your enthusiasm. Write down two projects you find inspiring and set a start date. Put the date on your calendar with reminder alerts – make it happen and watch your enthusiasm improve!

- a. _____

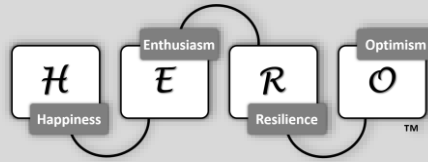
- b. _____

The HERO exercises are intentionally repeated every 8 days because repetition is crucial to learning and incorporating new ideas. After today, review your previous HERO exercises, as research shows that reflecting on past thoughts about wellness further strengthens and solidifies your HERO wellness traits.

Enthusiasm moves the world.
~ Arthur Balfour

HERO Exercises

*H*appiness • *E*nthusiasm • *R*esilience • *O*ptimism



RESILIENT OPTIMISTS HAVE BETTER PHYSICAL HEALTH & BETTER RELATIONSHIPS

1. Resilience means the ability to bounce back from adversities. Write down 2 things about yourself that make you tough, and two skills you have used previously to overcome adversities. Remind yourself throughout the day that you genuinely possess these resilient traits.

- a. _____

- b. _____

2. Optimism often requires making a choice about how you view the world. Write down two positive things you want to happen tomorrow, and then spend a few minutes planning on how to make these optimistic attitudes/events a reality.

- a. _____

- b. _____

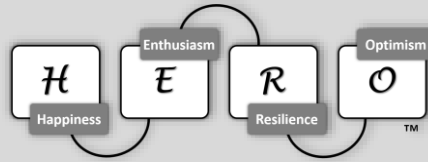
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Choose to be optimistic, it feels better.

~ Dalai Lama XIV

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HAPPINESS & ENTHUSIASM ARE LINKED TO A STRONGER IMMUNE SYSTEM

1. In today's busy world, it's easy to overlook things that make us happy. Fast-paced lifestyles often become a barrier. Take a moment and mindfully reflect on your day, and write down two things that brought you happiness.

- a. _____

- b. _____

2. "Birds of a feather flock together," so surround yourself with happy and enthusiastic people. Write down the names of two people in your life that are happy and enthusiastic. Now, write down how and when you will connect with them.

- a. _____

- b. _____

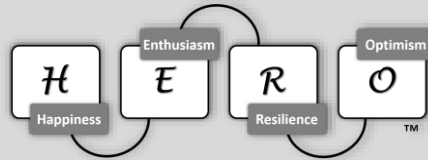
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Enthusiasm is contagious. You want to be a carrier.

~ Susan Rabin

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RESILIENT & OPTIMISTIC PEOPLE REPORT BETTER MENTAL HEALTH & LIVE LONGER

1. Dealing with life's challenges with humor builds resilience – the ability to bounce back from life's adversities. Write down two things that happened recently that you found humorous – things that made you smile or laugh.

a. _____

b. _____

2. Positive affirmations are a great way to build an optimistic mindset. Take a moment and write down two positive statements about yourself, your life, or your future. Purposefully remind yourself of these affirmations several times throughout your day.

a. _____

b. _____

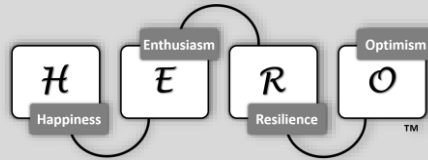
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Our greatest ally in life is our resilience.

~ Brian Early

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*H*appiness • *E*nthusiasm • *R*esilience • *O*ptimism



HAPPINESS & ENTHUSIASM ARE KNOWN TO LESSEN PAIN

1. Random acts of kindness will increase your happiness! Take a moment and write down two random acts of kindness you will put into action today. If you don't have time to execute your plan today, be sure to make it happen first thing tomorrow morning.

- a. _____

- b. _____

2. When it comes to outlook, do you fall on the positive or the negative side of the fence? Having a positive attitude about life improves enthusiasm. To increase your enthusiasm, mindfully consider your day and write down two examples of your positive attitude and/or actions.

- a. _____

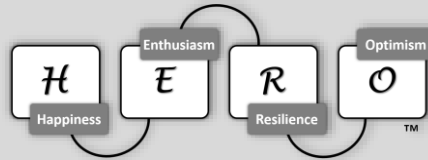
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Most folks are as happy as they make up their minds to be.
~ *Abraham Lincoln*

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RESILIENCE & OPTIMISM FERTILIZE A POSITIVE ATTITUDE

1. Being of service to others is a great way to build resilience. List two things you did today (or will do tomorrow) to give back to others or to brighten their day.

- a. _____

- b. _____

2. Is your glass half-full or half-empty? How you view the world matters! Write down two things that happened today that you viewed as negative. Take a moment and give this some thought, and then write down a less negative, or even a positive interpretation of the same events.

- a. _____

- b. _____

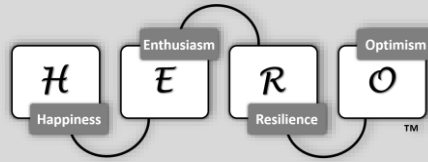
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In order to carry a positive action, we must develop here a positive vision.

~ Dalai Lama

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HAPPINESS & ENTHUSIASM PREDICT LOWER HEART RATE & BLOOD PRESSURE

1. Thinking about happy memories can positively impact your level of happiness! Write down two memories that bring a smile to your face. Next, spend a few minutes reliving each of these happy memories, and watch your current level of happiness increase.

- a. _____

- b. _____

2. Gratitude is known to increase feelings of happiness and enthusiasm. To increase these feelings, mindfully consider your day and write down two examples of things that happened today that increased your feelings of gratitude.

- a. _____

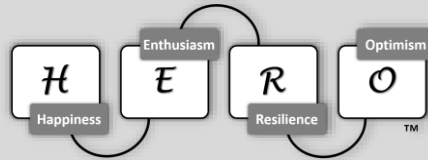
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The worst bankruptcy in the world is the person who has lost his enthusiasm.
~ H.W. Arnold

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RESILIENCE & OPTIMISM ARE LINKED TO GREATER LIFE SATISFACTION

1. People are quick to point out faults and weaknesses. Acknowledging others' successes is a great way to build and strengthen your resilience while making another person feel great. Think of two people that have recently achieved some type of success, personal or work-related, and write down how you plan to acknowledge their achievement.

- a. _____

- b. _____

2. Have you heard of *Paying it Forward*? Someone does something kind for you and you pass it forward by doing something kind for another. Write down two times others have done something kind for you and how that made you feel. Make a plan to pass along those acts of kindness and brighten someone else's day.

- a. _____

- b. _____

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Our greatest glory is not in never falling, but in rising every time we fall.

~ Confucius