

The happy 😊 chappy

Guide

By Phil Quirk

**What if I suggested to
you that doing 6 easy to
apply, short daily habits,
could lead to.....**

37%
more success

3x
more
creative

31%
more
productive

19%
more
accurate

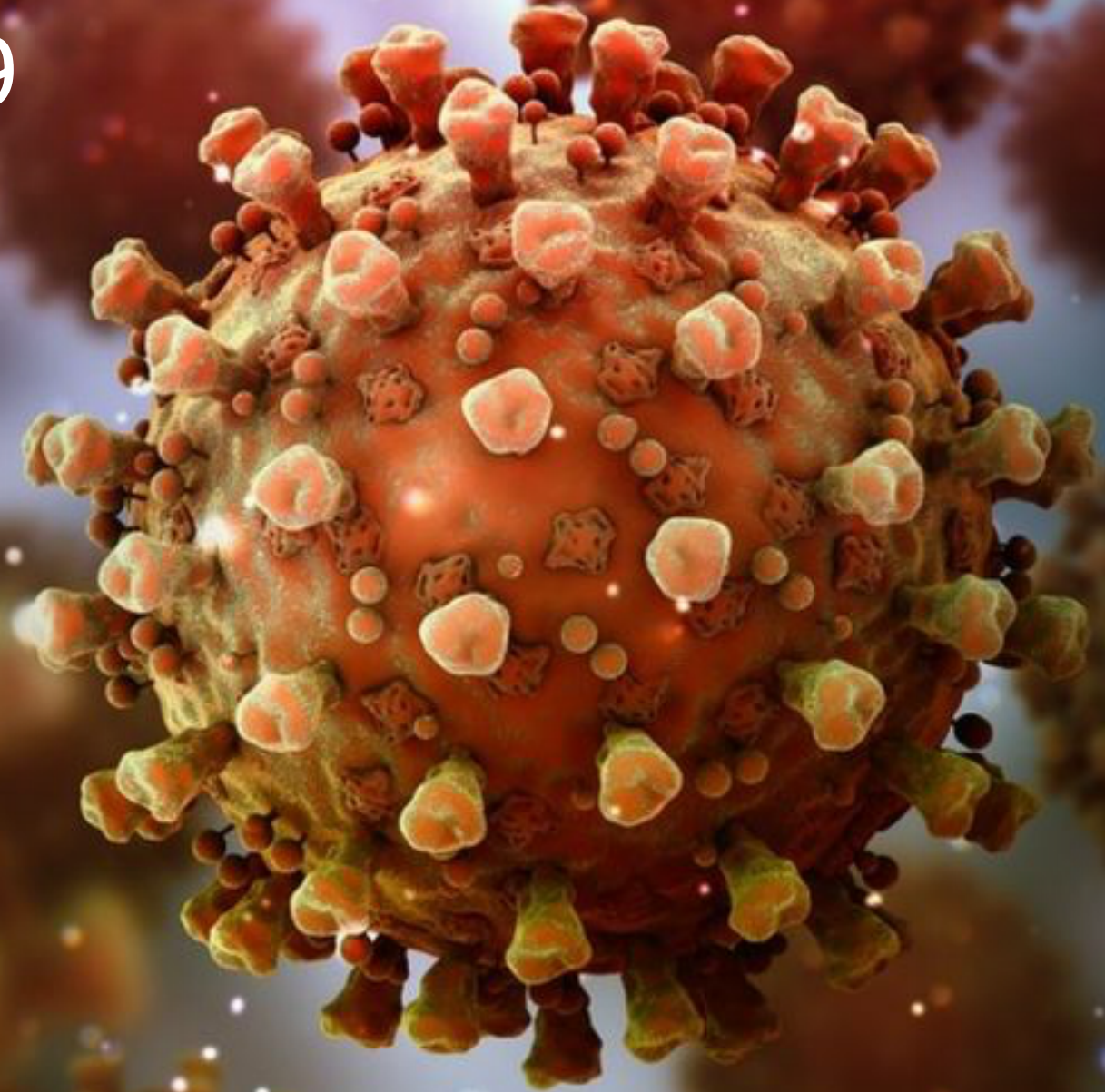
Up to
10x
more
engaged

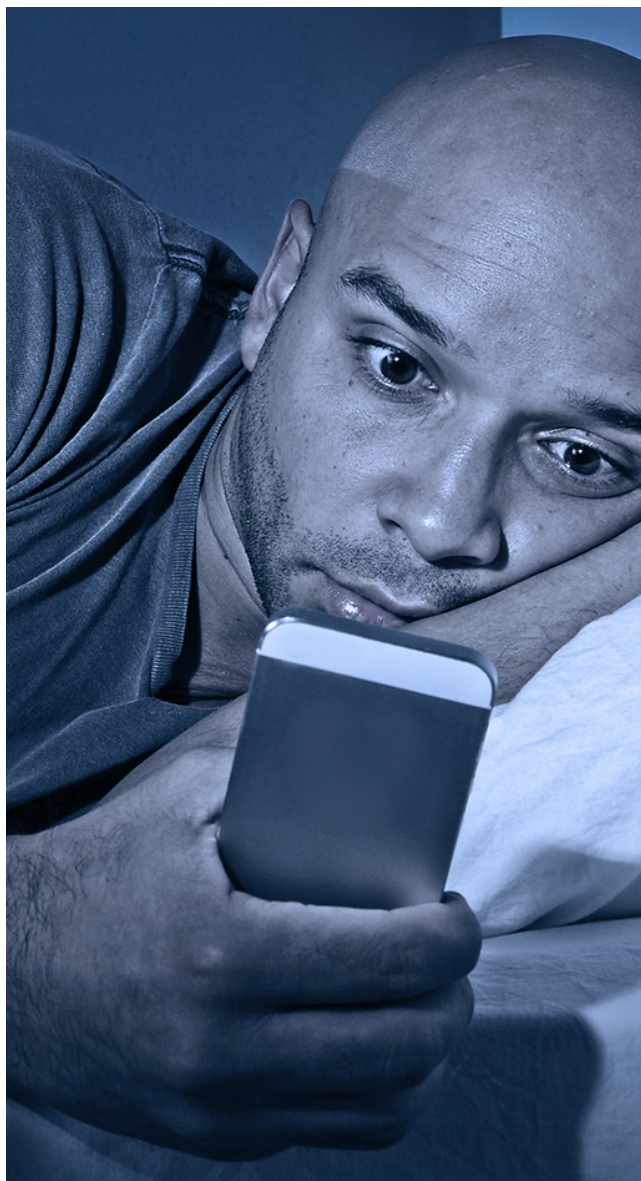
23%
fewer fatigue
symptoms

Harvard Business Review: The
Happiness Dividend, Shawn Achor -
2009



Covid-19

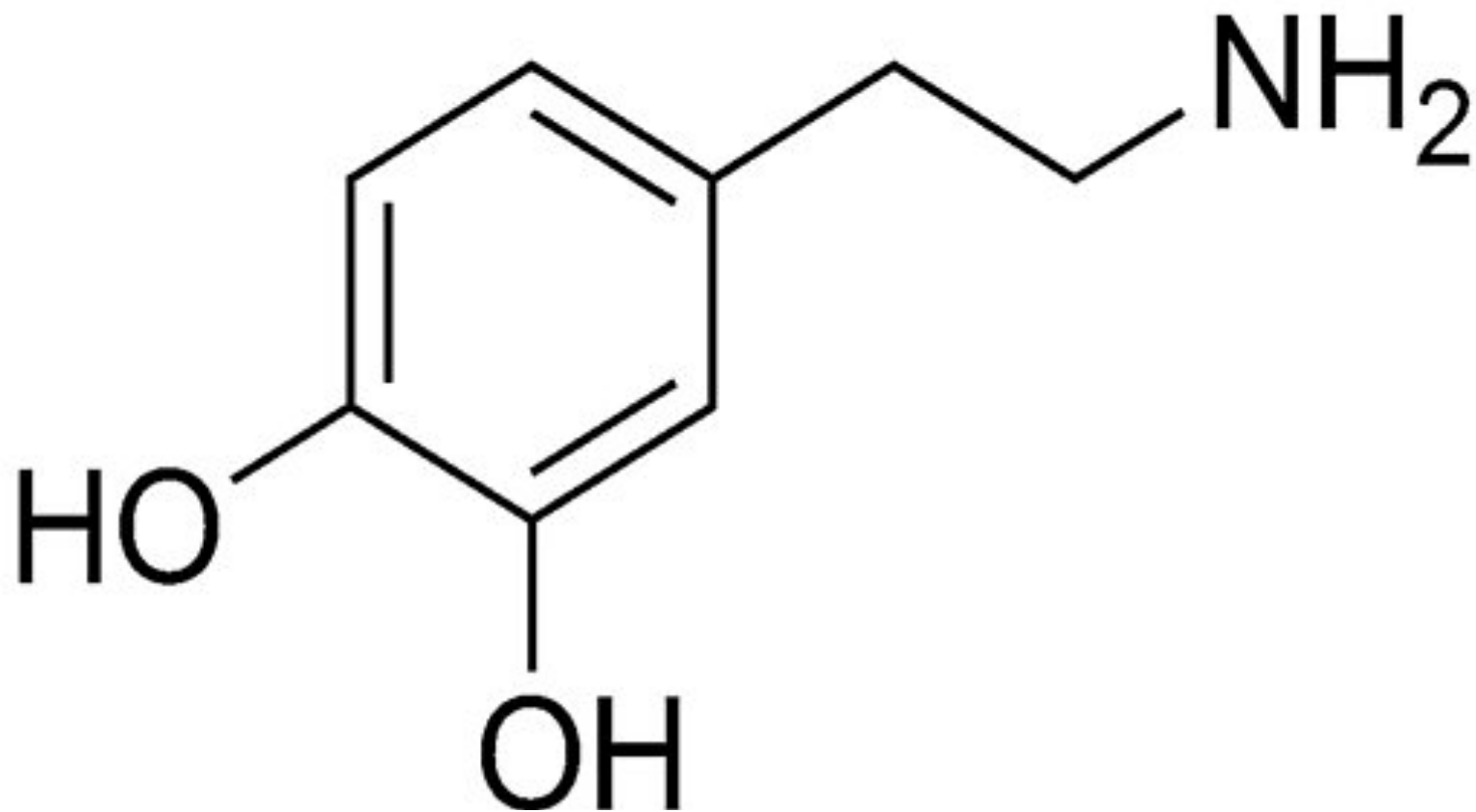




The Enemy...

Or Is It?

It's Really Just A Case Of
Chemistry...



Dopamine



Serotonin



Oxytocin



Endorphin





So All You Need To Do Is Have A
PMA Right?

But It's Not Quite that Simple Is It?



PAM GROUT



NINE DO-IT-YOURSELF
ENERGY EXPERIMENTS THAT
PROVE YOUR THOUGHTS
CREATE YOUR REALITY



What should I do |



what should i do **with my life**

what should i do **today**

what should i do **with my life quiz**

what should i do **for my birthday**

what should i do **right now**

what should i do **tonight**

what should i do **for a living**

what should i do **with my hair**

what should i do **for a career**

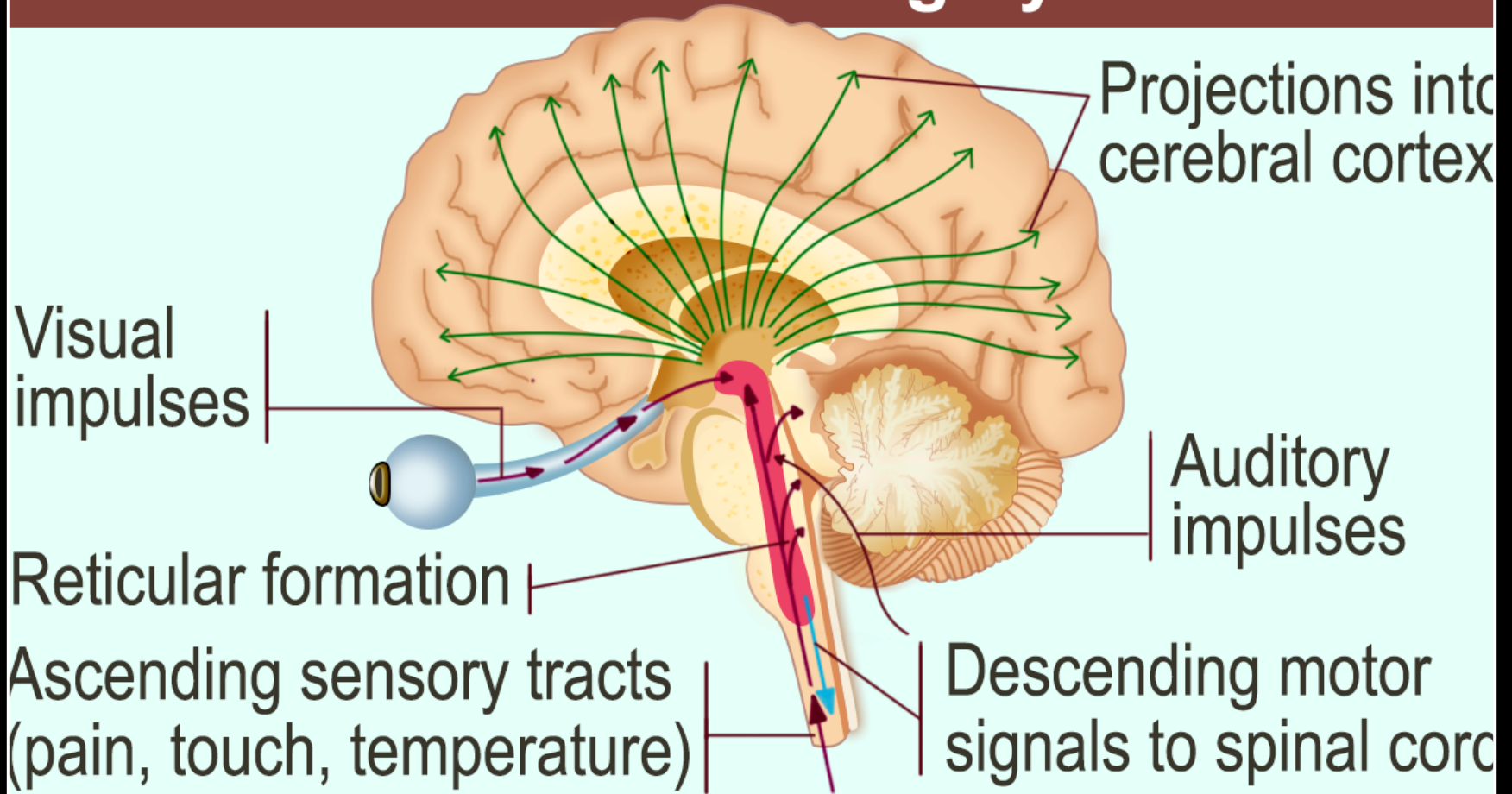
what should i do **today nyc**

Google Search

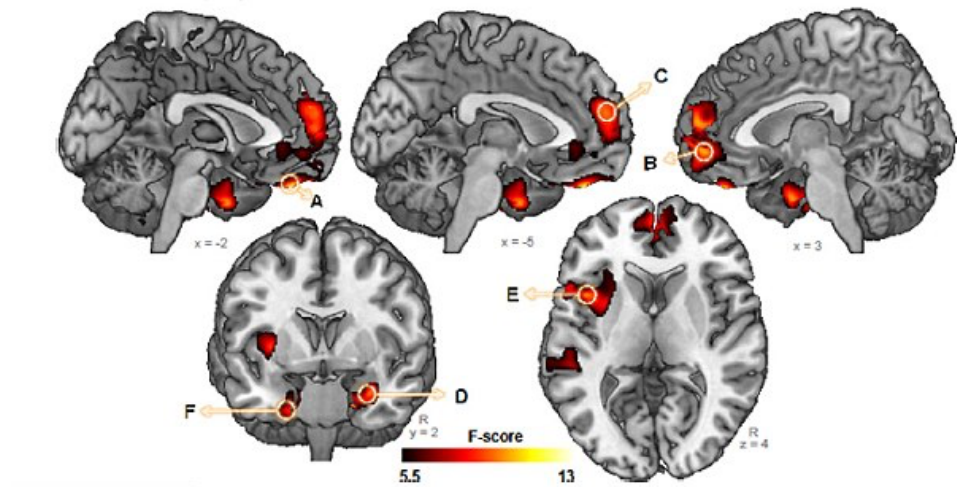
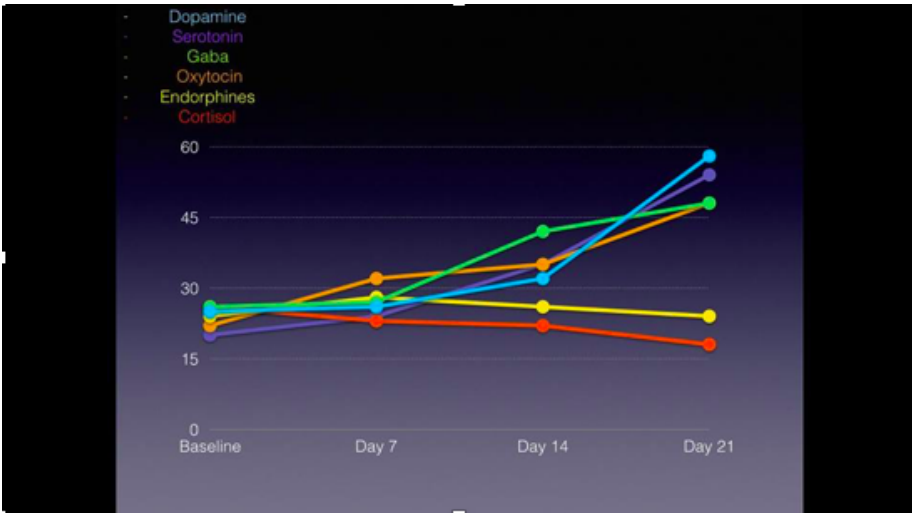
I'm Feeling Lucky

Report inappropriate predictions

Reticular Activating System



The Story Of Lisa.



Now What? 21 Day Challenge.

- By doing a handful of things of daily you can rewire and reconfigure your brain to move to a positive state.
1. 10 Minutes of exercise per day
 2. 8 Hours quality sleep & reduction of alcohol
 3. 2 minutes of mindfulness per day (focusing on paying attention to breathing & body sensations)
 4. Journaling 3 things that you are grateful for every day
 5. Explain and describe 1 positive experience that occurred during the day
 6. No TV for 21 days



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