



Positive Psychology: **The Science of** **Happ****ness**

Presented by Debbie Lyn Toomey

MASSBUYS - May 1, 2025





OVERVIEW

- Define positive psychology.
- Discuss two challenges to being happy.
- Share four skills that can hardwire happiness.
- Determine how you can hardwire happiness in the next 21 days to boost your health and success

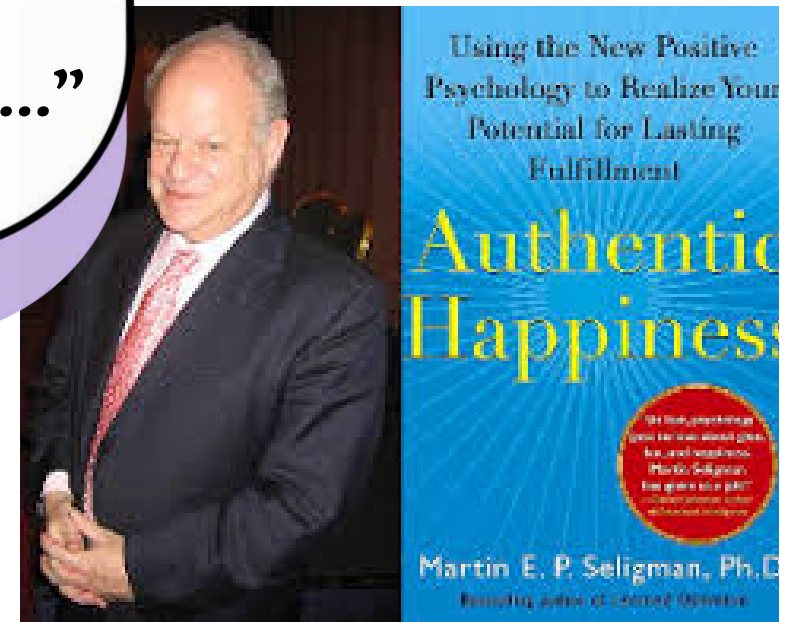


**HAPPINESS IS
AN INSIDE JOB**

A silhouette of a person standing on a rocky outcrop, facing away from the camera with their arms raised in a 'V' shape towards a bright sunset. The sun is low on the horizon, creating a warm orange and yellow glow that fills the sky and reflects on the distant, hazy mountain ranges. The overall mood is one of triumph, freedom, and connection with nature.

WHAT IS POSITIVE PSYCHOLOGY?

"... studying human thoughts, feelings, and behavior, with a focus on strengths instead of weaknesses, building the good in life instead of repairing the bad ..."



**HAPPINESS IS
MORE THAN A
FEELING**



Source: [Positive Psychology.com](https://www.positivepsychology.com)

1. Health & Wellbeing

2. Creativity

3. Relationships

4. Performance

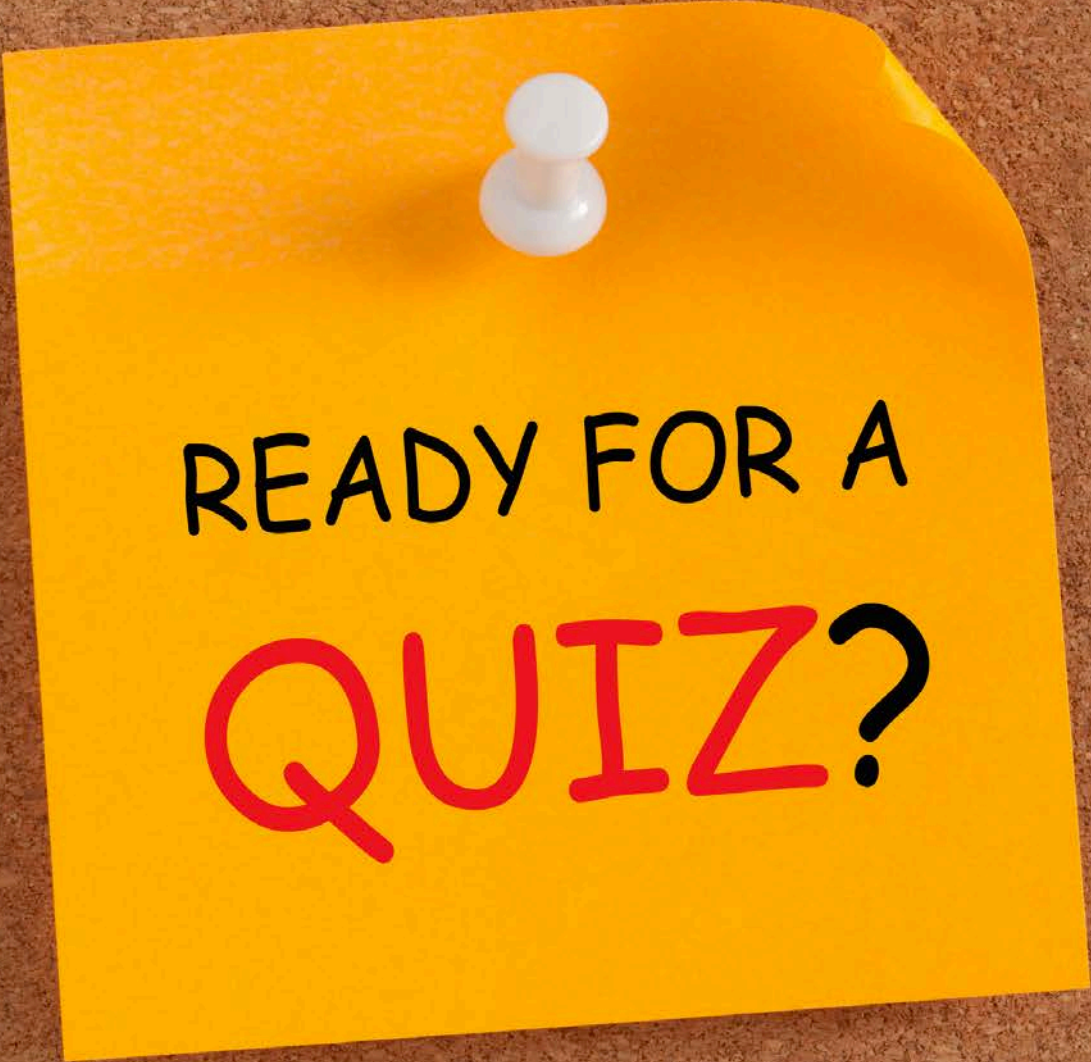
5. Quality of life

6. Success

7. Leadership

8. Longevity





READY FOR A
QUIZ?

TRUE OR FALSE

**Happiness genes
run in families.**



TRUE

**Happiness genes
run in families.**



TRUE OR FALSE

**Our brain is
hardwired for
negativity.**



TRUE

**Our brain is
hardwired for
negativity.**



TRUE OR FALSE

**Happiness is a skill
that can be learned.**



TRUE

**Happiness is a skill
that can be learned.**





**HAPPINESS IS
AN INSIDE JOB**

The image features a dark chalkboard background. A hand from the bottom center points its index finger towards a grey rounded rectangle containing the word "CHALLENGES" in bold black capital letters. Above the hand, a chalk drawing depicts two businesspeople in suits; one is helping the other step onto a wooden plank that serves as a bridge over a gap. A briefcase sits on the plank to the right. To the left of the gap, another wooden plank is visible. In the bottom right corner, several wooden planks are scattered.

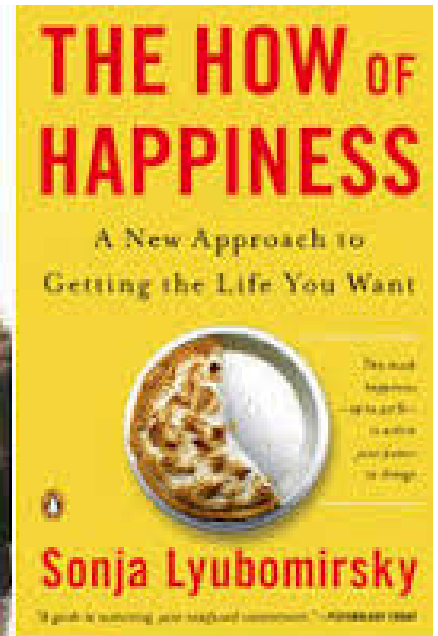
CHALLENGES

**Happiness genes
run in families.**

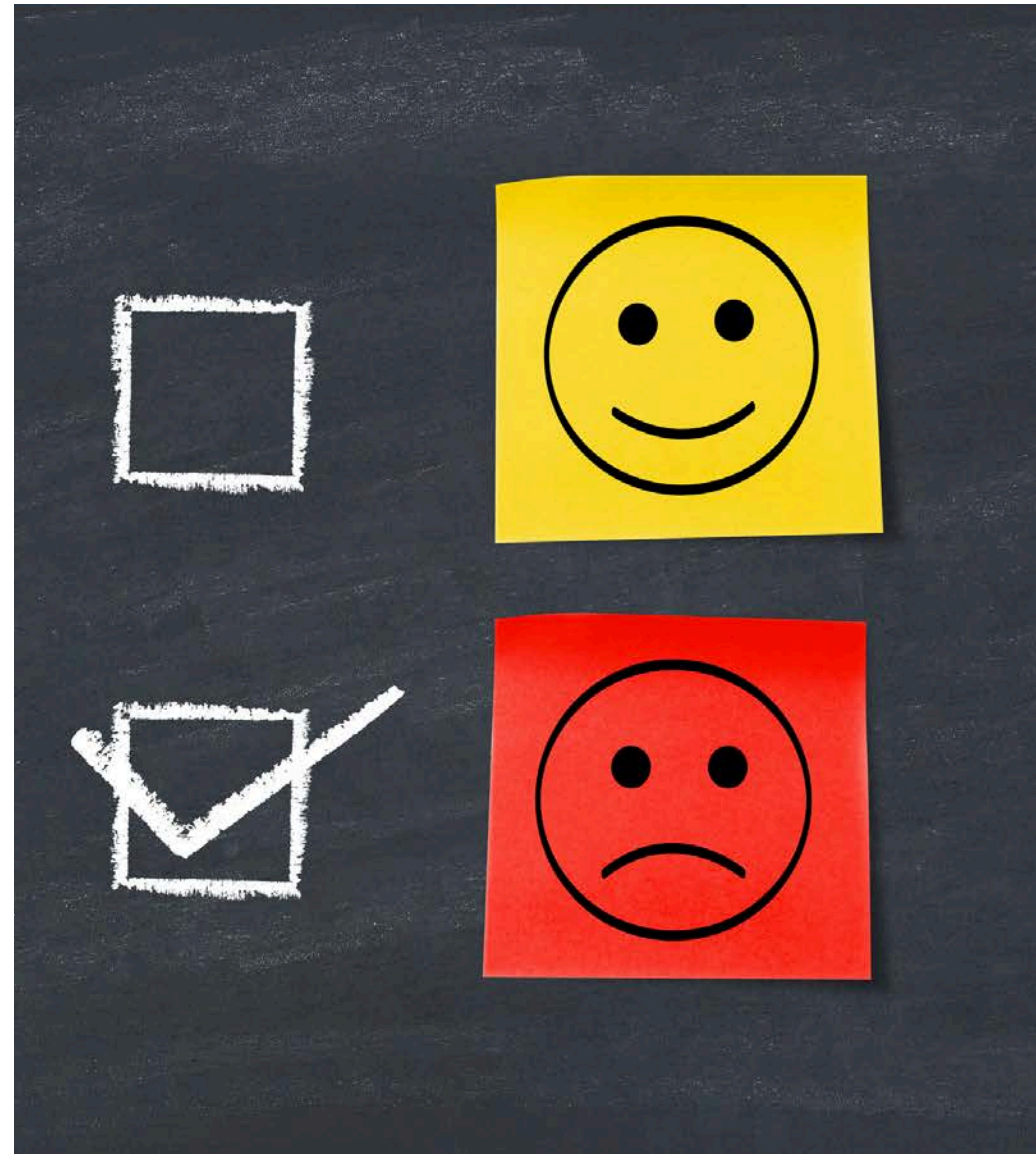


HAPPINESS SET-POINT

- 50% Genes
- 10% Life circumstance
- 40% Purposeful intention



**Our brain is
hardwired for
negativity.**

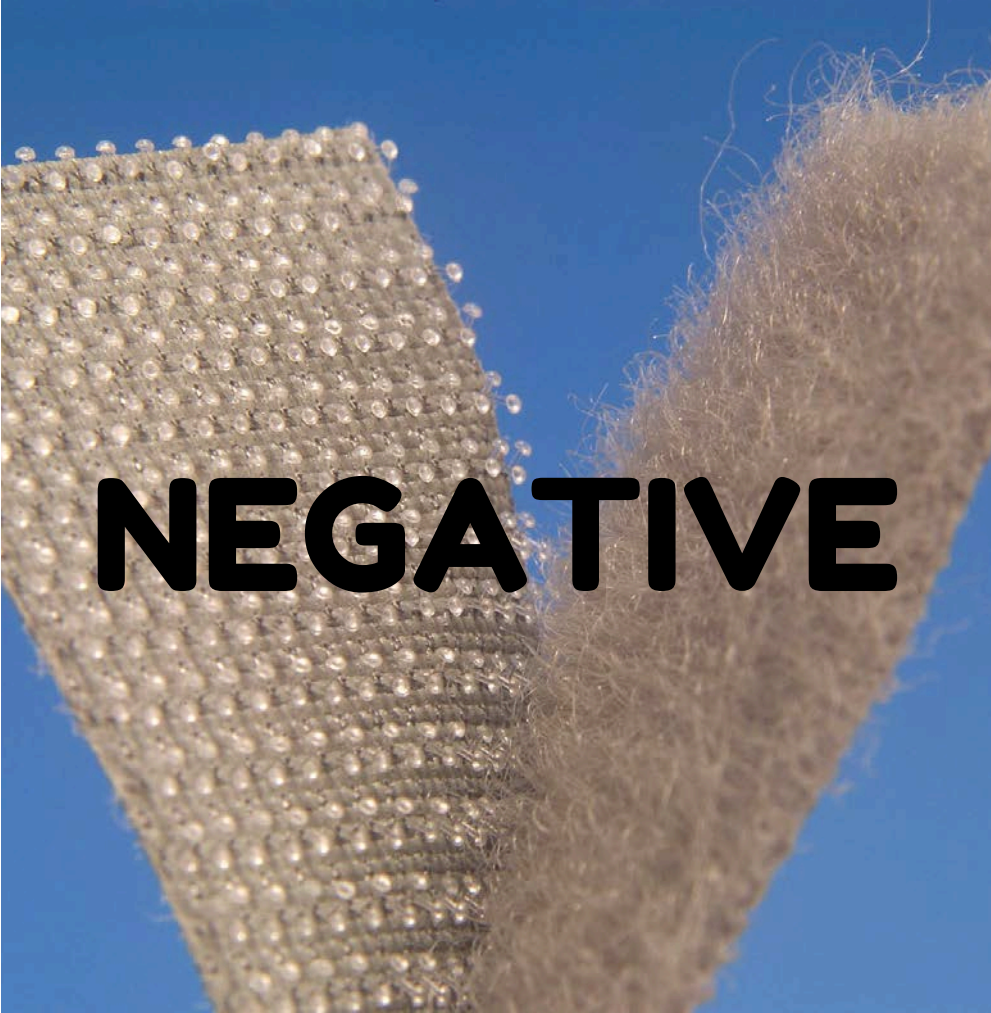


**“NEGATIVITY
BIAS”**

**HARDWIRED
FOR
NEGATIVITY**

Source: Rick Hanson & Barbara Fredrickson





NEGATIVE



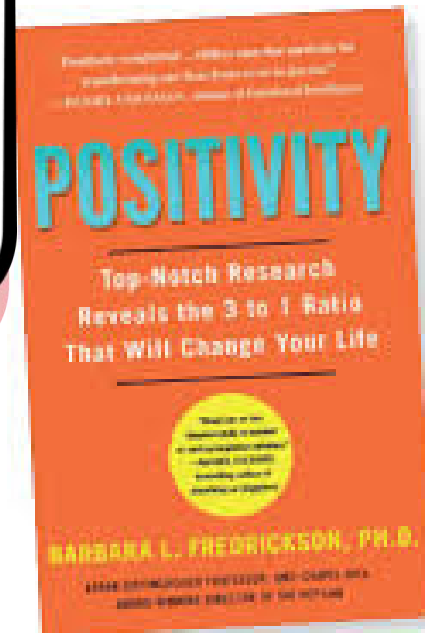
POSITIVE

Source: Rick Hanson & Barbara Fredrickson



Hardwiring Happiness

**Positivity ratio formula =
3:1**

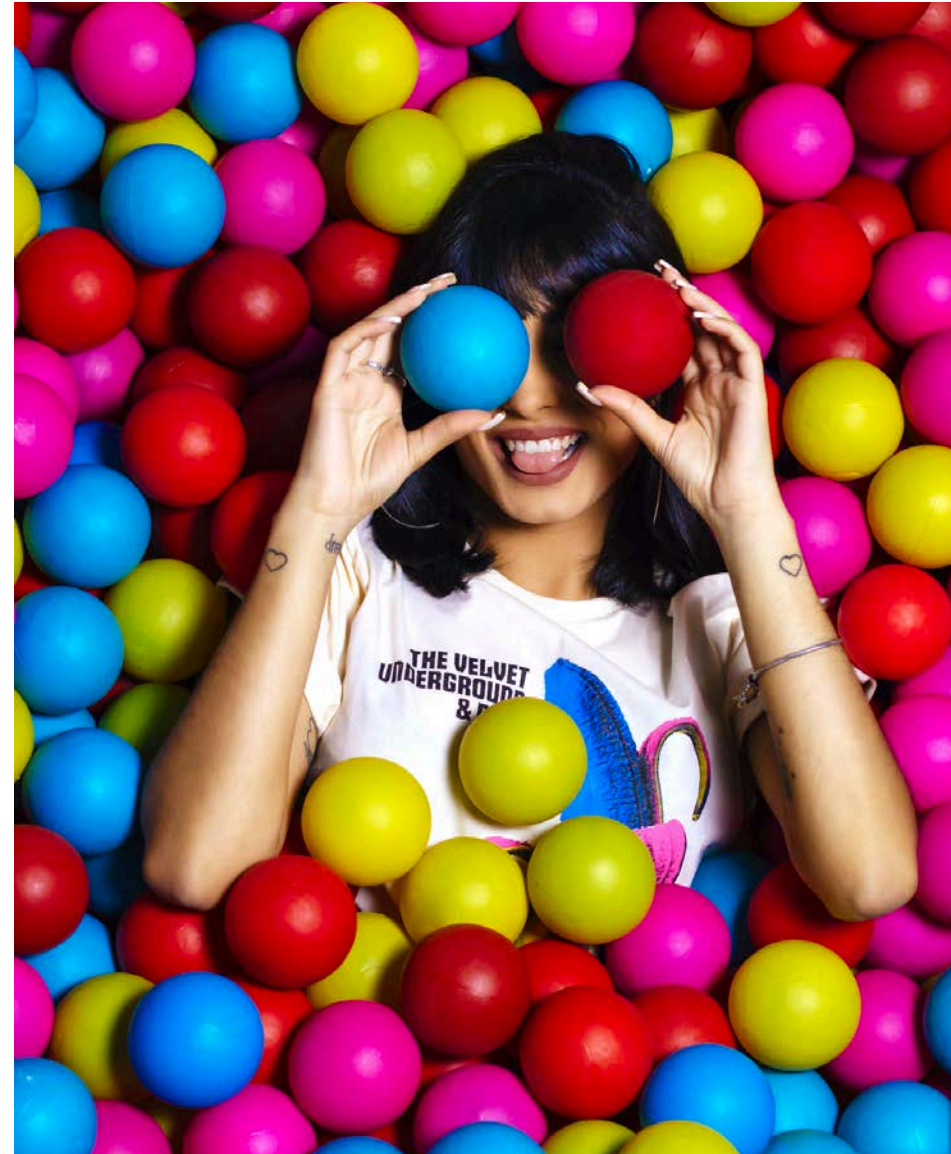


**Neuroplasticity changes
our brain with purposeful
intentions and actions!**



Four Happiness Skills:

- 1. Savoring the good**
- 2. Power of “Yet”**
- 3. Character strengths**
- 4. Gratitude**

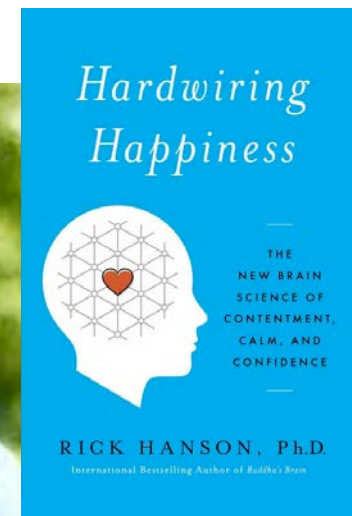


#1: SAVOR THE GOOD

Hardwire happiness. (Rick Hanson)

Benefits improve:

- **Optimism**
- **Gratitude**
- **Positive emotions**
- **Mindfulness**

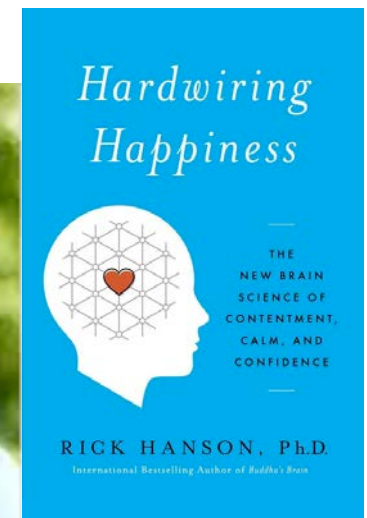


#1: SAVOR THE GOOD

Hardwire happiness. (Rick Hanson)

Think of something or someone you love.

- What do you see?
- What do you hear?
- How do you feel?
- What emotions are coming up?

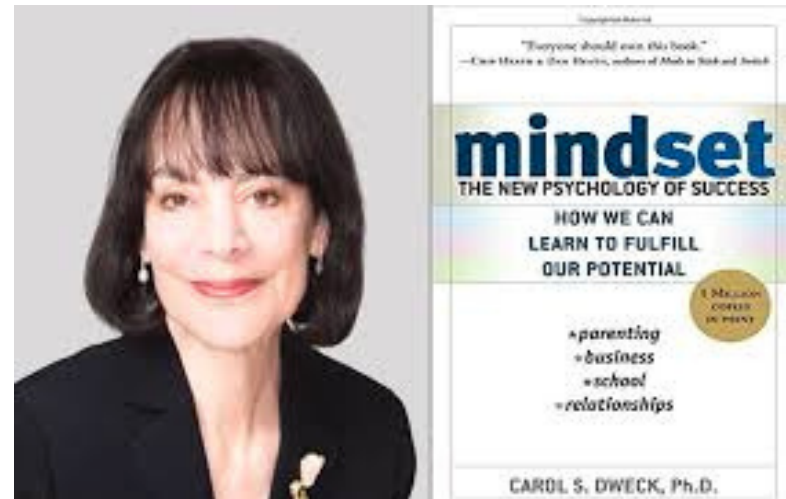


#2: POWER OF YET

The science of success! (Carol Dweck)

Benefits:

- Resilience
- Self-esteem
- Learning
- Relationship



#2: POWER OF YET

Fixed Mindset vs. Growth Mindset (Carol Dweck)

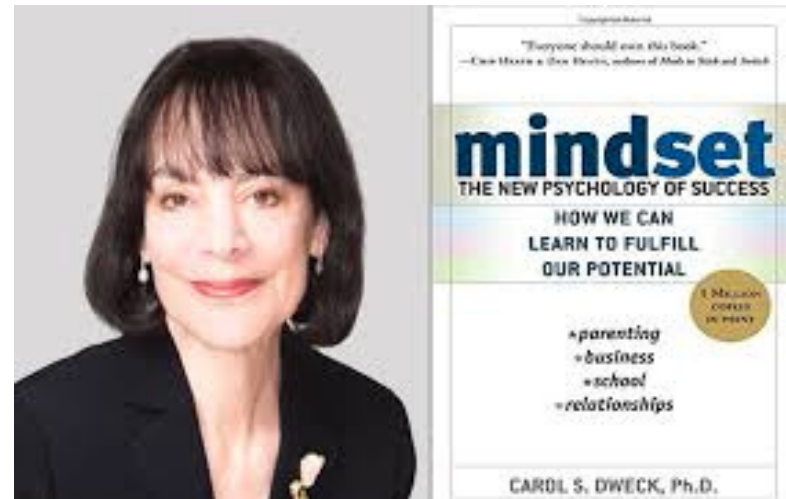
“I can’t.” vs. “I can’t yet.”

“This doesn’t work.” vs.

“This doesn’t work yet.”

“I am not good at it. vs.

“I am not good at it yet.”

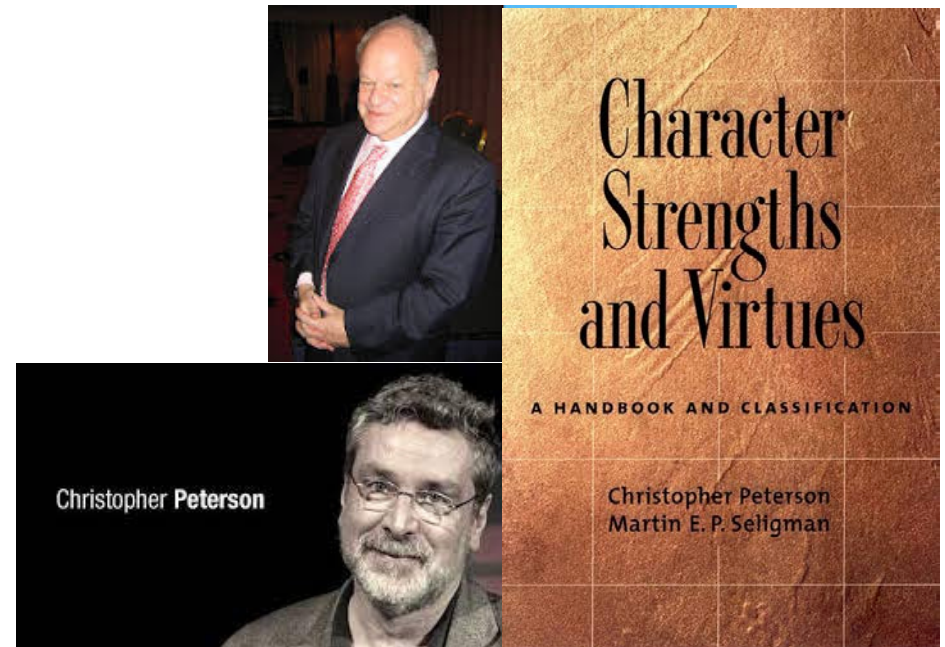


#3: CHARACTER STRENGTHS

Backbone of positive psychology (M. Seligman & C. Peterson)

Benefits:

- Happiness
- Mental health
- Self-acceptance
- Resilience
- Productivity
- Meaning & Purpose
- Team morale, etc.



#3: CHARACTER STRENGTHS

What are your top two strengths?

What comes to you easily?

What do you love learning more about?

What do people describe you as?

What energizes you?

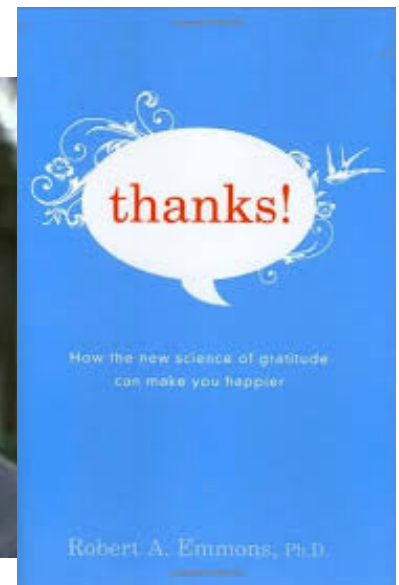


#4: GRATITUDE

Gratitude is an instant happiness booster. (Robert Emmons)

Benefits:

- Boost the immune system
- Enhance relationships
- Increase longevity
- Foster resilience
- Improve sleep



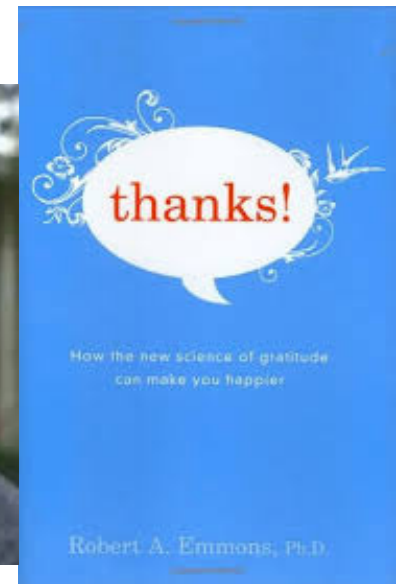
#4: GRATITUDE

(Robert Emmons)

What are you grateful
for today and why?

or

What went well today
and why?





HAPPINESS IS
AN _____

Which happiness skill(s) did you enjoy?

- 1. Savoring the Good**
- 2. The power of “Yet”**
- 3. Character Strengths**
- 4. Gratitude**



HARDWIRE HAPPINESS

- **Pick a skill to do (21 days)**
- **Attach to a routine**
- **Create visual reminders**
- **Notice how you feel**
- **Repeat**



**Do you think this program
was helpful?**

**Are you happy that you
attended this program?**





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