

## **The Seven Principles of Happiness from the Orange Frog Workshop**

### **The Happiness Advantage**

Because positive brains have a biological advantage over brains that are neutral or negative, this principle teaches us how to retrain our brains to capitalize on positivity so we can improve our productivity and performance. Also provides 5 proven tactics to increase happiness.

### **The Zorro Circle**

Our brains need to record wins in order to feel like our behavior matters – this is especially true in times of change. When challenges loom and we get overwhelmed, our rational brains can get hijacked by emotions. This principle teaches us how to regain control and ensure short term wins by focusing first on small, manageable goals, and then gradually expanding our circle to achieve bigger and bigger ones.

### **The 20-Second Rule**

Sustaining lasting change often feels impossible because our willpower is limited. And when willpower fails, we fall back on our old habits and succumb to the path of least resistance. This principle shows how, by making small energy adjustments, we can reroute the path of least resistance and replace bad habits with good ones and make transition easier to initiate.

### **The Social Investment Solution**

In the midst of challenges and stress, a strong social support network is the greatest predictor of both performance and happiness. Instead of hunkering down and retreating within themselves, the most successful people invest in their friends, peers, and family members to propel themselves forward. Learn how to engage others to ensure mutual success.

### **Mindset Matters**

How we experience the world, and our ability to succeed within it, constantly changes based on our mindset. This principle teaches us how we can adjust our mindset and embed this powerful practice into our work routines in a way that increases our power to be more fulfilled and more successful.

### **The Tetris Effect**

Also called cognitive afterimage, this principle creates patterns and filters. When our brains get stuck in a pattern that focuses on stress and negativity, we set ourselves up to fail. The Tetris Effect teaches us how to retrain our brains to spot patterns of possibility, so we can see - and seize - opportunity wherever we look. Leverage this principle in work routines to help your team uncover positive solutions amidst chaos and turbulence.

### **Falling Up**

In the midst of defeat, stress and crisis, our brains map different paths to help us cope. This principle is about finding the mental path that not only leads us up out of failure or suffering but allows us to be happier and more successful because of it. Successful companies leverage this concept by telling and amplifying stories of triumph and creating legends of hope, optimism, and resilience.