

# Weekly Wisdom

*Grow the Green for You and Your Team*



*“Find things that shine, and move toward them.”*

*-- Mia Farrow*

## Tricks to Make You Happier

If you don't listen to *The Happiness Lab* podcast with Professor Laurie Santos, we highly recommend it! She teaches the “Science of Happiness” class at Yale, their most popular class ever. Here are two of her top science-based ways to increase our well-being.

**Gratitude practice.** It turns out that venting isn't scientifically the best way to feel better. “The act of listing what you're grateful for over time can actually significantly improve well-being, even in just a couple of weeks.”

Try something called **WOOP**. Rather than merely fantasizing about goals or changes you'd like to make, it's best to develop a plan.

WOOP stands for “**wish, outcome, obstacles, plan.**” Of course we think about the wish (to get an advanced degree) and what the outcome (a higher salary) might be. But it's also important to think about personal and practical obstacles and come up with plans to overcome them.