ACTION CHECKLIST

Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment

by Martin E.P. Seligman

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

☐ 01 **Identify one strength**

Choose a trait that reliably appears when you are at your best.

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☐ 02 **Find a place to use it**

Pick one task or relationship where that strength could help today.

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☐ 03 **Design a flow block**

Match one challenge to your current skill for a focused stretch.

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☐ 04 **Name a larger aim**

Connect a current effort to someone or something beyond your mood.

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☐ 05 **Savor one good thing**

Spend thirty seconds fully noticing a specific positive moment.

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☐ 06 **Use a strength deliberately**

Bring the chosen strength into one ordinary action.

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☐ 07 **Write three blessings**

Record three specific things that went well and why.