

Youturn Health Action Plan Example

Stress Management Activity (Already Engaged)	Start	Date to Reevaluate	Notes
Exercise program (at least 3x per week, go to the gym)	11/1/22	Ongoing	KEEP GOING!
Update my resume	ASAP	N/A	Get a book to help/reference
Reduce my sugar intake	1/1/23	Ongoing	New Year's Resolution!!

Positive Psychology/ Resilience Action Plan	Start	Date to Reevaluate	Notes
Start Three Good Things	3/1/23	4/1/23	Write it down at the end of the day
FOCUS ON the "P" in PERMA – at least one fun activity per week	3/15/23	3 months	All work and no play!
Read Man's Search for Meaning		Complete by 4/1/23	MEANING and PURPOSE
Engage in "THE FREE THREE" DAILY		3 months	Nature, Music, Laugh
Complete the VIA character strengths survey		Complete by 4/1/23	
Integrate my character strength of "creativity" into my life – start a blog	5/1/23	Ongoing	Write about travel
Journal on my recent "life quakes"	3/1/23	Ongoing	

Notes/Things to Consider:

- You may need to go back and watch the video lessons several times. The instructions for each activity are in the videos, and each lesson contains more than one suggested activity.
- There is no perfect way to utilize positive psychology and mindfulness. Keep moving forward. If you slip up or get off track, simply “get back on the wagon.”
- The start date and reevaluate dates are meant to keep the material fresh. We should always tweak and reevaluate our stress management plans. BE VERY INTENTIONAL ABOUT YOUR STRESS MANAGEMENT PLAN.
- Links to external surveys are provided in the video lessons, but here is the link to the VIA Character Strengths Survey: <https://www.viacharacter.org/>

Reading/Exercises

Surveys and questionnaires mentioned in the *Exercises* column of this table can be found in the [UPenn Authentic Happiness Questionnaire Center](#).

Week	Topic	Reading	Exercises
1	Intro & Character Strengths	Positive Psychology Has One Message: Be Happy (BusinessDay)	Write it down at the end of the day
2	PERMA	None	Complete PERMA Surveys
3	Relationship	Scientists Have Found a Surprising Key to Happy Relationships (Business Insider)	Complete Close Relationships Questionnaires
4	Gratitude	4 Incredibly Easy Ways to Practice Everyday Gratitude (HuffPost)	Complete Gratitude Survey
5	Grit	Grit Trumps Talent and IQ: A Story Every Parent (and Educator) Should Read (National Geographic)	Complete Grit Survey
6	Optimism	5 Ways Positive Thinking Can Transform Your Health (HuffPost)	Complete Optimism Test
7	Meaning	9 Ways to Boost Meaning in Your Job (HuffPost)	Complete Meaning Questionnaires
8	Willpower/ Closing	Have We Been Thinking About Willpower the Wrong Way for 30 Years? (Harvard Business Review)	Complete Life Satisfaction Questionnaires

Recommended Resources/Readings

- *Authentic Happiness*, Book, Martin Seligman
- *Flourish*, Book, Martin Seligman
- *Positive Psychology: Exploring the Best in People*, Book, Shane Lopez
- *Gratitude Works! A 21-Day Program for Creating Emotional Prosperity*, Book, Robert Emmons
- *Change 101: A Practical Guide to Creating Change in Life or Therapy*, Book, Bill O'Hanlon
- *The Marshmallow Test: Why Self-Control is the Engine of Success*, Book, Walter Mischel
- *Positive Psychology Coaching: Putting the Science of Happiness to Work for Your Clients*, Book, Robert Biswas-Diener, Ben Dean
- *Pathways to Spirituality: Connection, Wholeness, and Possibility for Therapist and Client*, Book, Bill O'Hanlon
- *Yes to Life: In Spite of Everything*, Book, Viktor Frankl
- *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*, Book, Rick Hanson
- *Stealing Fire: How Silicon Valley, the Navy SEALs, and Maverick Scientists Are Revolutionizing the Way We Live and Work*, Book, Steven Kotler, Jamie Wheal
- *Character Strengths and Virtues: A Handbook of Classifications*, Book, Christopher Peterson, Martin Seligman
- *The Hope Circuit: A Psychologist's Journey from Helplessness to Optimism*, Book, Martin Seligman
- *The Happiness Curve: Why Life Gets Better After 50*, Book, Johnathan Rauch
- University of Pennsylvania Authentic Happiness, Website, <https://www.authentichappiness.sas.upenn.edu/home>
- International Positive Psychology Association, Website, www.ippanetwork.org
- The Positive Psychology Center at U-Penn, Website, <https://ppc.sas.upenn.edu/>
- *Grit: The Power of Passion and Perseverance*, Book, Angela Duckworth
- *Happy Together: Using the Science of Positive Psychology to Build Love That Lasts*, Book, James Pawelski, Suzann Pileggi Pawelski
- *The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles*, Book, Karen Reivich, Andrew Shatte