

# 051: Discover True Happiness through Positive Psychology

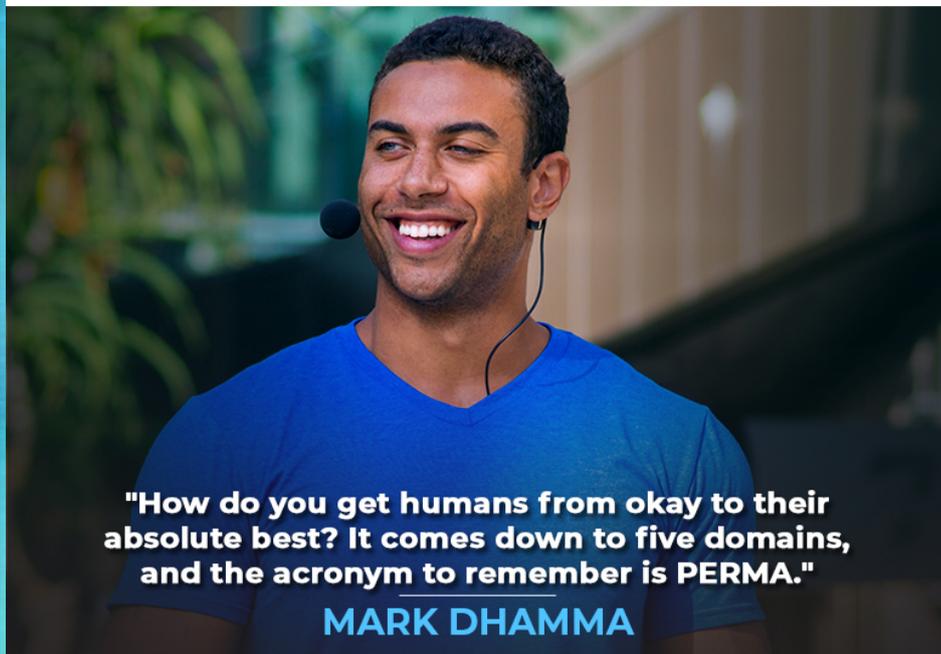
## 10 Point Checklist

### Mark Dhamma

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

*Get* **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



**"How do you get humans from okay to their absolute best? It comes down to five domains, and the acronym to remember is PERMA."**

**MARK DHAMMA**

# 10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?  
Here are 10 steps that can move you closer to your goals – today.**

- Find ways to get into the “flow”. Meditation or activities that require focus are great ways to become fully immersed in what you are doing.
- Other people matter. Humans are social and crave relationships, so meet new people often and keep those that you care about close to you.
- Take [Mark’s quiz](#) for your evaluation on PERMA and to receive personalized tips on how to increase your own happiness and your well-being score.
- Everyone needs purpose and meaning in their life. Spend time each day focused on what that meaning is to you, whether it’s your career, spirituality, your family, or something else.
- Set daily, weekly, and monthly goals. Having goals that you work towards and meet will help your sense of accomplishment and overall happiness.
- To dig deeper into your PERMA score, and track your scores over a full week. That will give you more insight as to what your numbers should be.
- Read [Flow by Dr. Mihaly](#) to learn how to get into “flow”, and also to learn how this positive state can be controlled.
- To become happier, more fulfilled, and to show up more powerfully in relationships, commit yourself to personal development.
- To up your accomplishment score, purposefully and consciously congratulating yourself. This will train your brain to start looking for small accomplishments.
- Set small challenges for yourself and use your brain as a problem-solving machine. Making a task fun will help you to accomplish it.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/discover-true-happiness-positive-psychology-mark-dhamma/>