

051: Discover True Happiness through Positive Psychology

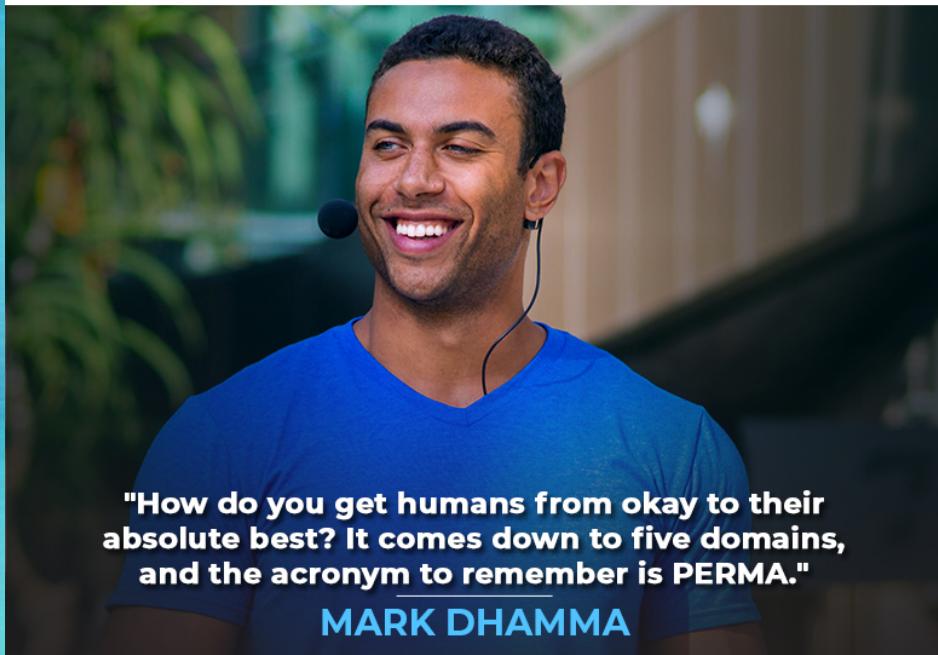
10 Point Checklist

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/>