

# The Building Blocks Of Happiness



With Erica Terblanche on the Lundi Khoisan show on Mix FM 93.8

Tune in every Wednesday at 10h10 for your weekly soundbite of scientifically validated, practical happiness coaching and learn one new happiness habit every week.

Our deepest human yearning is to be happy. For the love of our listeners, over the next 10 weeks, we will look at the building blocks of happiness, and learn reliable happiness habits, based on the science of positive psychology.

So, what is Positive Psychology?

One way to think about it is that traditional psychology can be seen as the science of getting people from minus ten to zero on the scale of mental health – where zero is no longer being ill.

Positive psychology is the science of getting people from zero to ten, where ten is living a thriving, happy, actualised, and fulfilled life.

The father of Positive Psychology, Dr. Martin Seligman proposed a basic framework for the building blocks of happiness and described it under the acronym of **PERMAV**.

Each week we will explore the next letter in PERMAV.

## WEEK 1

### POSITIVE AFFECTIVITY IN THE MIND

How to improve the overall positive mood of our life and how to deal with negative emotions.



## WEEK 2

### POSITIVE AFFECTIVITY IN THE BODY

We will learn how to use our bodies to shift into positive mental and emotional states.



## WEEK 3

### ENGAGEMENT

We will remind ourselves what we do for the love of the doing itself, rekindle our joy, and learn how to get into the flow.



## WEEK 4

### RELATIONSHIPS

We will learn ways to improve our relationships and deepen our connection, even with strangers.



## WEEK 5

### MEANING & PURPOSE

We will appreciate our own personal signature character strengths and how we can put this service right where we are in our life.



## WEEK 6

### ACCOMPLISHMENT

We will learn what worthwhile goals are, how to set them and how to make sure we achieve them.

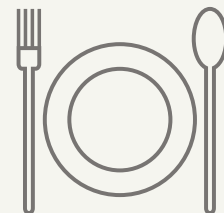


Learn more at [www.thrive-guru.com](http://www.thrive-guru.com)

# WEEK 7

## VITALITY - EAT

We will talk about the basics of optimal nutrition and choose one change that will make the biggest difference in our life.



# WEEK 8

## VITALITY - MOVE

We will learn the immense and life-changing benefits of exercise and commit or recommit to a regular practice.



# WEEK 9

## VITALITY - SLEEP

We will discuss the secrets of good rest and commit to changing one thing that will improve our sleep.



# WEEK 10

## VITALITY - NATURE

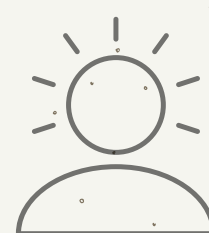
We will learn the surprising and shocking cost of being disconnected from nature and how to fix it – especially for our kids.



# WEEK 11

## POSITIVE AFFECTIVITY – AWARENESS

Back to the start, we will grow our ability to notice and to fully experience the miracle that is our life, in this very moment.



# WEEK 12

## POSITIVE AFFECTIVITY - FORGIVENESS

A good way to end - we will explore the great release that comes when we forgive and learn a practice that will help us to get there.



We sincerely hope you will tune in for each session on Wednesday mornings at 10h10 on Mix FM 93.8. We hope that you will benefit greatly from making these practices your own and that you and everyone in your immediate circle will be happier for it.

- Erica Terblanche is a Positive Psychologist, Endurance Athlete & Author of Run For The Love Of Life.

Her driving force is to see people happier, mentally and physically. She invites you to join the [Thrive Run Club Facebook Group](#) - at no cost to you, where everyone is welcome to share their journey and download the running programs she has created (fit for beginners) - Just Begin!

[Join group here](#)



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