

Always look on the bright side of life



Who am I?

Forbes 'Emerging Female Entrepreneur 2018

International Speaker

Positive Psychologist

Amazon Best Selling Author'
'She Made it Happen'

Master of Ceremonies

Business Coach for Women working online



What is Positive Psychology?



How much of our happiness is within
our control?



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Happiness Setpoint



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Toothbrush



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You can change your brain!



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Setting yourself up for success: daily practices



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Gratitude



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Meditation



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Physiology



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Intuition



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Affirmations



rawpixel

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Visualisation



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Watch your language!



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Segmenting



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Reminders



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Eat good quality
food and move
your body



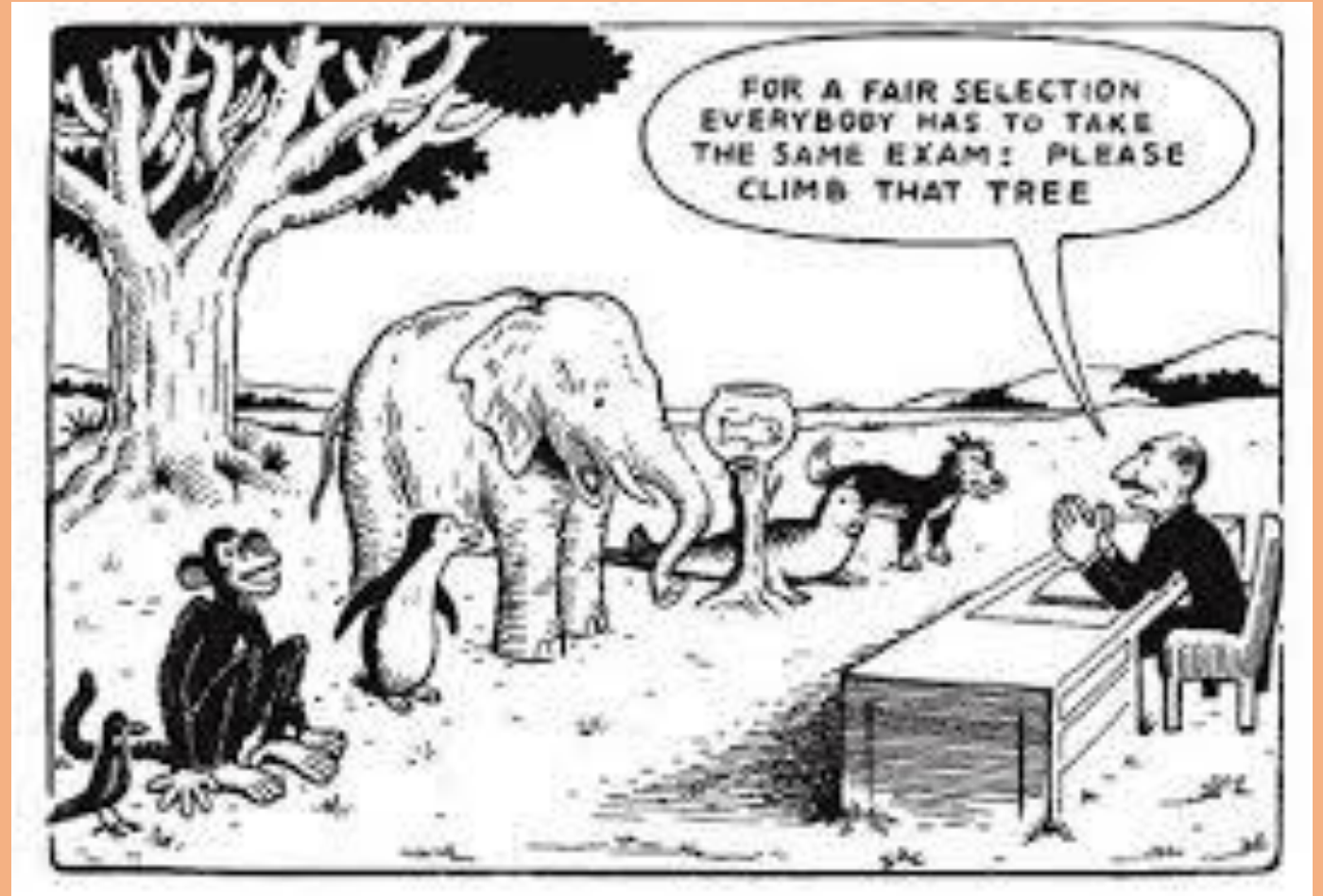
Work to your strengths

Howard Gardner
Multiple Intelligences
Linguistic
Musical
Physical/ bodily
visual
mathematical/logical
interpersonal
intrapersonal

Naturalist

Albert Einstein wrote,

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”



Watch what you
expose yourself to.
Television, video
games, newspapers
these influence our
thoughts. Protect
and select what
comes in.



Setting goals and being intentional with our actions



Denise Mortimer

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You can rewire your brain



Gratitude



Meditation



Physiology



Intuition



Affirmation



Visualisation



Segment



Language



Reminders



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Question,
comments?



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