



**WHERE IS YOUR  
HAPPY  
PLACE?**











**HAPPY**



GALLUP

The Seven Principles  
of Positive Psychology  
That Fuel Success and  
Performance at Work

THE HAPPINESS ADVANTAGE

SHAWN ACHOR

As Taught in Harvard's Famed Happiness Course and to Companies Worldwide

# Big Potential



How Transforming the Pursuit of  
Success Raises Our Achievement,  
Happiness, and Well-Being

Shawn Achor

New York Times bestselling author of  
*The Happiness Advantage* and *Before Happiness*







Source: Shawn Achor, Big Potential



A full-page background image of a forest at night. The trees are silhouetted against a dark sky, and numerous fireflies are visible as glowing yellow-green spots. In the distance, a range of mountains is visible under a dark, starry sky. The overall mood is serene and magical.

**3% → 82%**

SRIRAM MURALI and Anamalai Tiger Reserve Forest Department









**HAPPY BY DESIGN**





# PUBLIC LIFE



# GATHER TOGETHER







# PLAY TOGETHER





# TRAVEL TOGETHER







**LEARN  
TOGETHER**





# SERVE TOGETHER





**CELEBRATE  
TOGETHER**







FOOD



ART







# CULTURE





MEMORY



