

5 days of **HAPPY** CHALLENGE

Powered by Starlight



ABOUT 5 DAYS OF HAPPY CHALLENGE

Starlight's mission is to brighten the lives of seriously ill and hospitalised children and young people.

Starlight is dedicated to supporting its team members to live a flourishing life by practically applying the science of positive psychology to support their best self.

This is why we are inviting you to take part in Starlight's 5 Days of Happy Challenge!

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With years of experience in the research and application of positive psychology, I've seen first-hand its benefits on health and wellbeing.

By signing up to this challenge you'll be on your way to a happier, more positive and resilient you!

I look forward to sharing Starlight's passion for positivity with you.”



Dr Suzy Green

Starlight Ambassador and Founder of The Positivity Institute



Starlight
Children's Foundation

WHAT IS THE 5 DAYS OF HAPPY CHALLENGE?

A 5 Day Challenge that will:

- Provide your staff with practical applications of 'positive psychology'
- Give tips and strategies to help your staff lead flourishing lives and increase overall happiness and wellbeing
- Support your staff to be their 'best self'

HOW IT WORKS

For 5 days, you will be invited to take part in a series of activities that will make up the 5 Days of Happy Challenge.

Starlight will provide a suggested list of challenges for each day that sit within each of the recommended positive psychology topics.



DAY 1

Express your **GRATITUDE**



DAY 2

Find your **MINDFUL** moment



DAY 3

Play to your **STRENGTHS**



DAY 4

Get **CONNECTED**



DAY 5

CELEBRATE your successes!