

The Power of Action

WITH ALEX NUNN

Action for Happiness



ACTION FOR HAPPINESS



ACTION FOR HAPPINESS

A movement for a happier world, with a culture that prioritises happiness and kindness for all.



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~40 Million People reached per year
~800,000 pledged to take action.

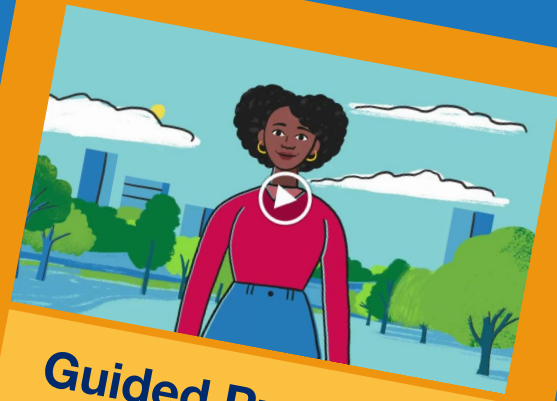
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Action Calendars



Expert Talks



Guided Programs



In-Person Courses



Monthly Groups

**Our actions have the power
to reshape ourselves and the
world in alignment with our
values.**



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“It’s easier to act your way into a new way of thinking, than to think your way into a new way of acting.”

~ Anonymous



“Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity.”

~ James Clear





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HAPPINESS SETS DIRECTION

Happiness evolved as a kind of compass to guide us towards what is most important. So if you want to know what you value, pay attention to what makes you truly happy.

Authentic happiness doesn't come from indulging in empty pleasures, but through investing in the relationships, activities and causes that matter to us most.



10 KEYS TO HAPPIER LIVING

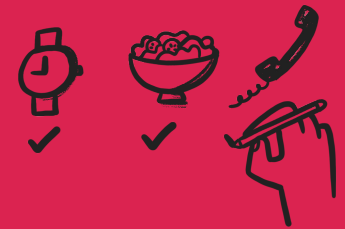


** See postcards for details...*

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AGENCY HACK:

- Three small actions
- Circle most meaningful
- Underline easiest
- Now choose any ✓



UPWARD SPIRALS

“When our actions create positive results accompanied by positive emotions, our salience network learns to classify our intention as even more important and to redouble its efforts at realising it.”

~ James Doty





BREATHING BREAK

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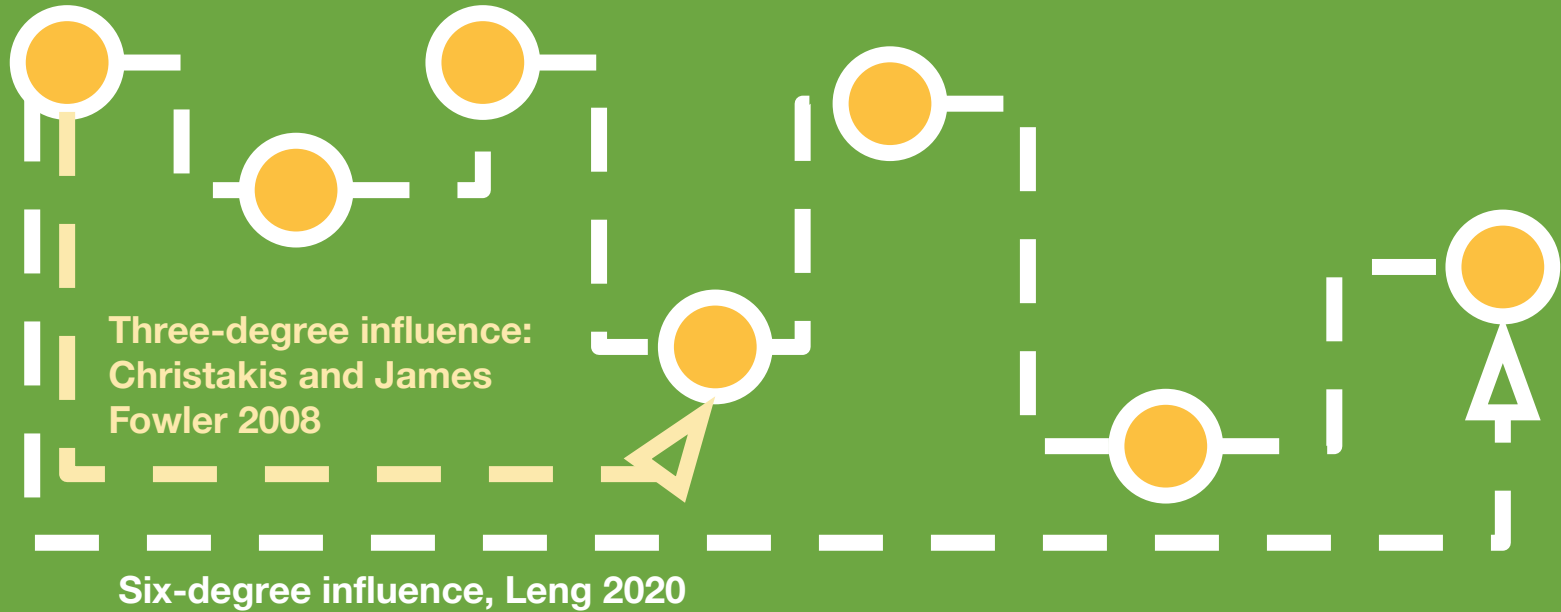
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Values > Action > Ripple Effects

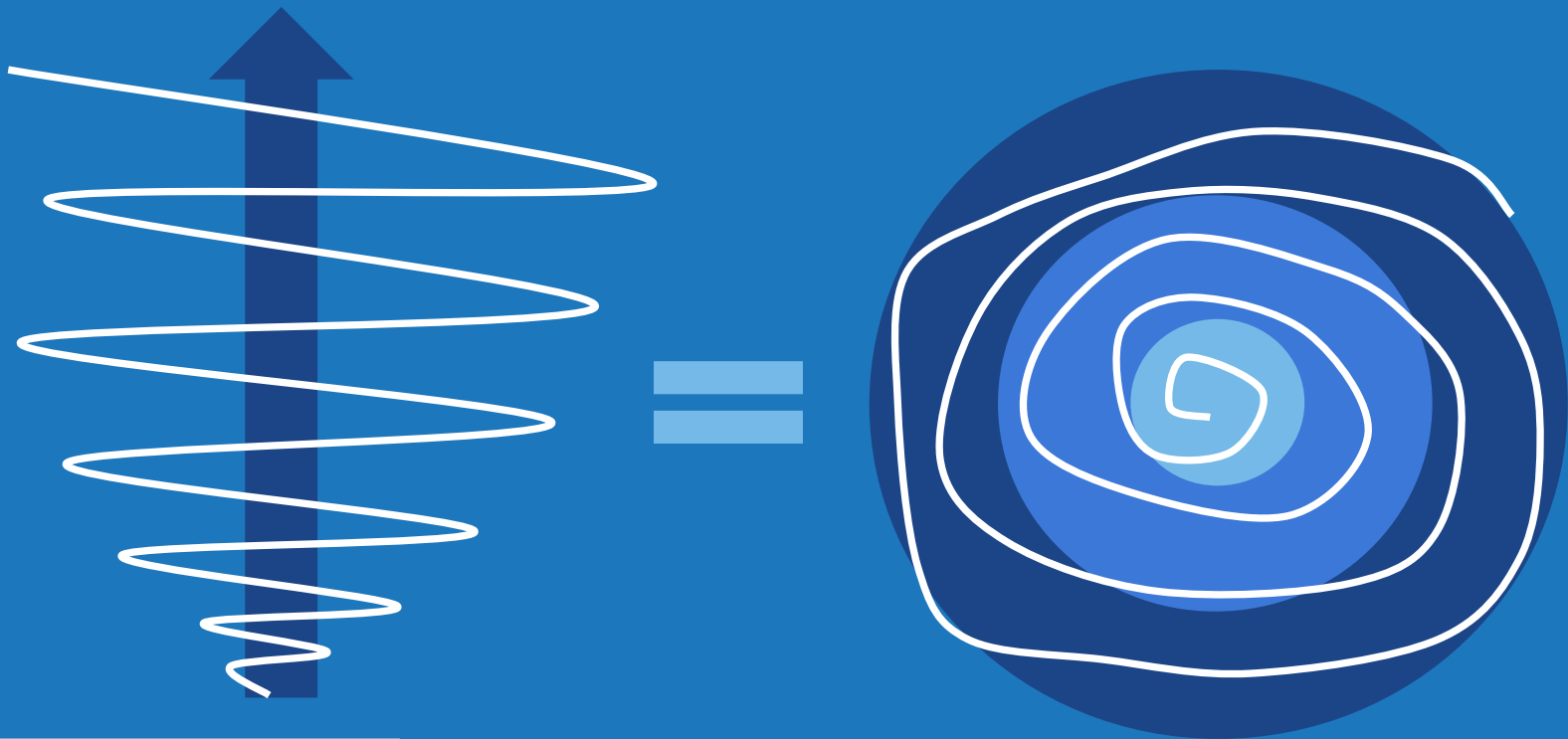
The diagram illustrates a process flow from 'Values' to 'Action' to 'Ripple Effects'. The text 'Values > Action > Ripple Effects' is centered in white on a blue background. The word 'Ripple Effects' is underlined. To the left of the text, two curved arrows form a loop: one starts above 'Values' and points to 'Action', and the other starts below 'Action' and points back to 'Values'. To the right of the text, three wavy arrows originate from the 'Action' area and point towards the right, representing the ripple effect.

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EMOTIONAL CONTAGION



SPIRALS ARE RIPPLES



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I met a lady who was very depressed. She openly shared, her brother suicided last year. She was going to regular counseling and involved in community volunteer activities, yet couldn't shake off the depression.

I suggested the AFH app, yet said she couldn't cope with anything extra.

I gently asked if it would be okay for me to message her the daily AFH messages, and she accepted this. I also shared, if at anytime it was too much for her, just to say and I would stop sending the messages.

After a few weeks, she's feeling so much better from the daily AFH messages today she says, 'I no longer need counselling, and I am passing on the daily messages to other friends now.'

She said receiving the AFH messages made her feel as if someone really cared.

I sense at some point I'll be able to encourage her to receive the expanded benefits of the app.

Many times it's little steps.

I am humbly grateful for AFH and how it profoundly uplifts happiness.



KINDNESS SPREADS

“Studies have shown that when we do something kind both the recipient and other people who witness that kind act are more likely to be kind themselves. So our kindnesses are amplified, contributing to a happier world!”

~ Vanessa King



CHECK IN:

- Mindful pause
- Share something you feel...
- Something you are grateful for...
- Just listen



RIPPLES AMPLIFY TOGETHER



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LEADING TO THRIVE



Thriving people generate happiness in themselves and proactively create positive direct and indirect ripples.

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WE NEED THIS NOW

*In this age of collective despair,
nothing is more precious than the gift
of active hope; the belief that our
actions and our care for one another
make a difference.*



JOIN US

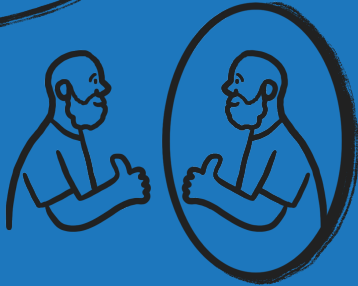
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actionforhappiness.org





Thank you so much!



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REFERENCES

- “700k people ...” <https://actionforhappiness.org>
- “Every action...” James Clear (2018) Atomic Habits, p.35
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- “Studies have ...” Vanessa King (2023) 10 Keys to Happier Living, <https://actionforhappiness.org/giving>
- “Three-degree ...” Christakis and James Fowler (2008) Dynamic spread of happiness in a large social network
- “Six-degree ...” Yan Leng (2020) Collective Behavior over Social Networks with Data-driven and Machine Learning Models