



## **BECO'S HAPPINESS, MOTIVATION, AND PRODUCTIVITY GUIDE**

*Tips on how to be in a state of happiness and remain motivated and productive in the workplace – according to America's renowned researchers and psychologists.*

*Click on the links below to watch the full videos or read the full articles.*

### A. Happiness

#### 1. Authentic Happiness & Wellbeing / The PERMA Model by Martin Seligman

[https://www.ted.com/talks/martin\\_seligman\\_the\\_new\\_era\\_of\\_positive\\_psychology](https://www.ted.com/talks/martin_seligman_the_new_era_of_positive_psychology)

Martin Seligman is the director of the Positive Psychology Center at the University of Pennsylvania and the author of 30 self-help books. In his TED Talk linked above; he mentions 3 different types of happy lives; the engaged life, the meaningful life, and the pleasant life. He discusses 3 simple exercises to enhance all 3 lives.

#### 2. The Connection Between Happiness & Productivity by Shawn Achor

[https://www.ted.com/talks/shawn\\_achor\\_the\\_happy\\_secret\\_to\\_better\\_work#t-669975](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work#t-669975)

Shawn Achor is an award winning Harvard researcher and lecturer and NY Times best selling author. He teaches positive psychology to Fortune 100 business leaders and university students. In his TED Talk linked above; he discusses the correlation between a positive brain and increased creativity levels and superior productivity. He suggests 5 daily habits that will create lasting positive change.

## B. Motivation

### 3. How to Recognize your Motivational Strengths by Dr. Heidi Grant-Halvorson

<https://hbr.org/2013/03/do-you-play-to-win-or-to-not-lose>

Dr. Heidi is a social psychologist and the director of Columbia University's Motivation Center. In her Harvard Business Review blog post linked above, she explains the difference between being promotion and prevention focused and how this fuels your motivation.

### 4. The Impact of Your Job & Self Motivation by Adam Grant

<https://knowledge.wharton.upenn.edu/article/putting-a-face-to-a-name-the-art-of-motivating-employees/>

Adam Grant is an organizational psychologist, a Wharton School professor, and the host of WorkLife podcast with TED. In his Wharton blog post linked above, he explains how the positive impact your work has on others reinforces your confidence, helps maintain your resilience and motivation, and improve your productivity and performance.

## C. Productivity

### 5. Productivity is About Attention Management by Adam Grant

<https://www.nytimes.com/2019/03/28/smarter-living/productivity-isnt-about-time-management-its-about-attention-management.html>

Adam Grant is an organizational psychologist and a Wharton School professor who spent 2 decades studying productivity. In his NY Times blog post linked above, he emphasizes the importance of prioritizing the tasks, projects, and people that matter most.

### 6. Habits of Top Performers by Dr. Morten T. Hansen

<https://medium.com/@skueong/great-at-work-how-top-performers-work-less-and-achieve-more-book-notes-f935ed51d35d>

Dr. Morten is a Management Professor at the University of California, Berkley and formerly a professor at Harvard Business School and INSEAD (France). In the Medium blog post linked in the title above, tips about how to achieve more and work less are outlined, which are cited from Dr. Morten's "Great At Work" book.