

# Shawn Achor Quotes

*Brain, Successful, Thinking, Meaningful, Positivity, Powerful, Belief, Motivation,  
Stress, Teaching, Study, Choices, Years, Strive, Views, Joy, Mean, Opportunity,  
Jobs, Struggle*

You have to train your brain to be positive just like you work out your body.

~Shawn Achor

Happiness is a mindset for your journey, not the result of your destination.

~Shawn Achor

Constantly scanning the world for the negative comes with a great cost. It undercuts our creativity, raises our stress levels, and lowers our motivation and ability to accomplish goals.

~Shawn Achor

The contents of the glass don't matter; what's more important is to realize there's a pitcher of water nearby. In other words, we have the capacity to refill the glass, or to change our outlook.

~Shawn Achor

Your brain at positive is 31% more productive than your brain at negative, neutral or stressed.

~Shawn Achor

Habits are like financial capital - forming one today is an investment that will automatically give out returns for years to come.

~Shawn Achor

Our daily decisions and habits have a huge impact upon both our levels of happiness and success.

~Shawn Achor

We become more successful when we are happier and more positive.

~Shawn Achor

The greatest competitive advantage in our modern economy is a

positive and engaged brain.

~Shawn Achor

The way we define happiness is the joy you feel striving toward your potential

~Shawn Achor

Happiness is such an incredible advantage in our life. When the human brain is positive, our intelligence rises, we stop diverting resources to think about anxiety.

~Shawn Achor

Happiness is not the belief that we don't need to change; it's the realization that we can.

~Shawn Achor

Successful people see adversity as a stepping stone rather than a stumbling block.

~Shawn Achor

The best leaders are the ones who show their true colors not during the banner years but during times of struggle.

~Shawn Achor

If we study what is merely average, we will remain merely average.

~Shawn Achor

We not only need to work happy, we need to work at being happy.

~Shawn Achor

Most people keep waiting on happiness, putting off happiness until they're successful or until they achieve some goal, which means we limit both happiness and success. That formula doesn't work.

~Shawn Achor

..the more you believe in your own ability to success the more likely it is that you will.

~Shawn Achor

When we encounter an unexpected challenge of threat the only way to save ourselves is to hold on tight to the people around us and not let go.

~Shawn Achor

The absence of disease is not health.

~Shawn Achor

One of the most powerful forces in human nature is our belief that change is possible.

~Shawn Achor

Beliefs are so powerful because they dictate our efforts and actions.

~Shawn Achor

Success does not mean happiness. Check out any celebrity magazine to look for examples to disabuse you of thinking that being beautiful, successful or rich will make you happy.

~Shawn Achor

When a manager openly expresses his faith in an employee's skill, he doesn't just improve mood and motivation; he actually improves their likelihood of succeeding.

~Shawn Achor

Happiness is the precursor to success.

~Shawn Achor

It's hard to find happiness after success if the goalposts of success keep changing.

~Shawn Achor

The fastest way to disengage an employee is to tell him his work is meaningful only because of the paycheck.

~Shawn Achor

Positivity is such a high predictor of success rates.

~Shawn Achor

Study after study shows that happiness precedes important outcomes and indicators of thriving.

~Shawn Achor

Research shows you get multiple tasks done faster if you do them one at a time. It also decreases stress and raises happiness.

~Shawn Achor

Happiness is the joy we feel striving after our potential.

~Shawn Achor

You spend money on Internet connection for your employees. Why not spend money on the energy that fuels their brains?

~Shawn Achor

Happiness is actually an individual choice, even in the midst of negative circumstances. It's not something our employers can give to us, though they can limit and influence that choice.

~Shawn Achor

Scientifically, happiness is a choice. It is a choice about where your single processor brain will devote its finite resources as you process the world.

~Shawn Achor

The idea of investing in the positivity of employees is often low down on companies' priority lists.

~Shawn Achor

Happiness inspires productivity.

~Shawn Achor

You can study gravity forever without learning how to fly.

~Shawn Achor

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