

Happiness Habits

Take Ownership of Your Happiness

1. Focus on Solutions
2. Look for the Lesson and the Gift
3. Make Peace with Yourself

Don't Believe Everything You Think

4. Question Your Thoughts
5. Go Beyond the Mind and Let Go
6. Incline Your Mind Toward Joy

Let Love Lead

7. Focus on Gratitude
8. Practice Forgiveness
9. Spread Loving Kindness

Make Your Cells Happy

10. Nourish Your Body
11. Energize Your Body
12. Tune In to Your Body's Wisdom

Plug Yourself In to Spirit

13. Invite Connection with Your Higher Power
14. Listen to Your Inner Voice
15. Trust Life's Unfolding

Live a Life Inspired by Purpose

16. Find Your Passion
17. Follow the Inspiration of the Moment
18. Contribute to Something Greater than Yourself

Cultivate Nourishing Relationships

19. Tend to Your Relationships
20. Surround Yourself with Support
21. See the World as Your Family