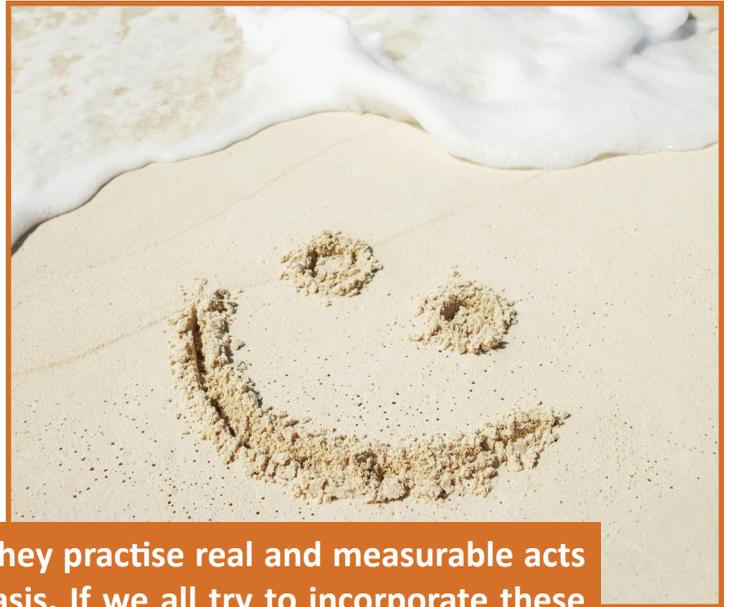


# 10 habits of happy people



Happy people do things differently. They practise real and measurable acts that increase happiness on a daily basis. If we all try to incorporate these habits into our daily lives, we can increase our happiness by as much as 40%.

University of California professor of psychology, Sonja Lyubomirsky, has identified several key things that happy people do. Here are 10 things that she has found that most genuinely happy people have in common.

- 1. Gratitude.** It's nearly impossible to feel happiness without being grateful for what you have.
- 2. Exercise.** Consistent exercise can raise happiness levels in the same way as prescription antidepressants.
- 3. Optimism.** Happy people are optimistic; they are able to see a silver lining in most scenarios. By seeing life in this way, it has a great impact on their lives because they often view failures as setbacks instead of stumbling blocks.
- 4. No comparisons.** Measure your success and happiness based on your own efforts – it's a much healthier way to compare where you are against where you're headed.
- 5. Kindness.** Studies show that being kind to others raises the serotonin levels in our brains which make us happier.
- 6. Socialise.** You don't need to become a social butterfly, but research shows that people who have deep and meaningful relationships with others live longer.
- 7. Forgiveness.** Happy people practise the art of forgiveness. They let go of past hurts and blame and this allows them to move forward.
- 8. Creative flow.** Give yourself the time and space to tap into creative flow – allow yourself to focus on one task without distractions.
- 9. Achieving goals.** Happiness studies show that people who feel that they have a sense of purpose, and achieve the goals they set out for themselves, are much happier than people who abandon their goals midway.
- 10. Celebrate the small things.** Happy people invariably take note of the little everyday joys around them and enjoy these as they happen.

Commit to being happier today by trying to create these happy habits over the next few weeks.