

The 7 Habits of Happier People

7

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Getting and staying happier takes a little work, but, according to the latest research, not really all that much. Just a little shift in thinking here, a new habit there, and you'll see dramatic changes in your happiness levels. Try these research-proven strategies from Positive Psychology.

1 Change the Questions You Ask

Happy people look for what they can strengthen, how to get the bigger picture, and ways they can focus on the positive. They don't ignore problems, but they know that what they focus on is what grows.

Ask yourself:

- What's working right now? What's going well?
- How can I reframe the situation and zoom out? What can I see and learn from 30,000 feet?
- What progress have I made today?
- What am I grateful for?

2 Practice the 5 Minute Take-off

Drop the illusion that you need to feel completely inspired before start a new positive habit. Waiting until you feel a strong desire to do something actually increases the stress around it. Instead, just make a start by doing whatever it is for *just 5 minutes*. Chances are you'll enjoy it so much you'll keep doing it. (*This one gets me out walking every time!*)

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3

Stop the Negativity Train

When your mind replays negative thoughts or memories, or you obsess about the future and worry, stop yourself and IMMEDIATELY do something pleasurable. This resets your brain and weakens the habit of negative thinking.

Quick Fix: Put on a piece of music that makes you feel good.

4

Divide and Conquer

Chunk down the big stuff. Ask yourself: What can I do to be **just 5%** happier, healthier, more focused, or whatever I want to be? Make a list of ways you could achieve what you want and start with a change that will get you just 5% closer. You'll avoid overwhelm and backsliding, and the success will make you feel too good to stop!

Remember: Gradual change = lasting change.

5

Do what gives you both Meaning AND Pleasure

Immerse yourself in activities that both *have meaning for you* AND *give you pleasure in the present moment*. Drop the meaningless pleasures that are ultimately unsatisfying.

And gradually change the joyless tasks by shifting your attitude, sharing the responsibilities, or finding a new way.

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6

Focus on your Strengths, not your Weaknesses

Research shows that *focusing on strengths* makes you more likely to fulfill your overall potential. In fact, people who focus on their strengths are disproportionately more successful than those who don't. Just a small amount of effort put into what you're strong at creates tons of improvement, increases confidence in your ability to tackle other areas, and raises your self esteem. Try this with your kids, too.

7

Be Authentic — Be The Author of Your Own Life

Notice how you're caught up in what other people think and take the time to discover your own energies and desires. Then find your own way of acting on them. This doesn't make you selfish or a narcissist, *it makes you a responsible, conscious adult*. And acting on what you discover makes you happier, healthier, and a lot more fun to be around.



Annie Mascelli
Your Spirited Life

Hi, I'm Annie Mascelli and I can help you find your joy!

I'm a life coach and spiritual director dedicated to your happiness, health, fulfillment, and abundance. Learn more about how can you grow, heal, transform, and enjoy your life and work at www.yourspiritedlife.com.

All My Best,
Annie

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