



10 Habits To Improve Your Happiness This Week

yourstrongerself.me

*"Happiness is not out there,
it is in you."*



Wake up and be productive. The more productivity we experience and create for ourselves, the more joy and happiness will follow. Feeling productive can stem from both big and small tasks. Wake up and make your bed, review your monthly budget, or tackle a project you've been putting off. Feeling accomplished in the morning will propel you to have a more productive and inspired day.



Sometimes happiness can come from a simple change in scenery. Take a break outside and feel the breeze and sun on your skin. Small breaks re-energize us and allow for more joy in our busy days.



3

Be present in what you are apart of.

Truly being present requires the need for us to set boundaries with ourselves and our brains. Consider setting limits for checking your cell phone or reminding yourself to clear your mind and let go of distracting thoughts that might keep you from fully engaging in the present moment that you are part of.



4

Allow yourself to feel all the feels!

Give yourself a break, you don't have to feel happy all the time. Holding back and not acknowledging all of the feelings you are experiencing will inhibit you from experiencing authentic joy and happiness.

Beginning to understand this, is the biggest habit to start that will allow you to feel improved happiness.



Be creative. We consume so much these days, often times leaving our creative selves starving for attention. Spending time doing something creative like cooking a new recipe, sewing a fun pillow, painting a new project, or revamping the design of an old space might just be what your what you're needing. Completing a creative project gives you a sense of accomplishment and uses different parts of the brain that are not always called upon in the everyday work week. Opening these creative juices can spark happiness to feel more full and rich.



Practice the habit of gratitude. Feeling and acknowledging what we are grateful for allows us feel more fulfilled and direct our focus to what we have rather than what we want. Try to incorporate by saying to yourself, one time per day, 3 things that you are grateful for; or beginning a daily gratitude journal.



Get Social! Engaging with friends, family, co-workers, and neighbors is what keeps us connected. When we feel stressed, or overwhelmed we tend to want to isolate, and this behavior will only perpetuate negative feelings and emotions.



Find the positive. Unfortunately for our us, our brains always recognize and remember more negativity than positivity. If you are looking to improve your happiness, you must begin training your brain to scan the world for more positive events and experiences than the negative. Challenge yourself for one day to notice and recognize all of the positivity around you. You'll be surprised how much positivity you have in your life that you haven't been noticing.



Smile. Smiling is proven to increase positive thoughts and will spark positive connections between you and others.

10

Give Back. Caring for others can boost your happiness while improving the lives of others. Go as a family and volunteer together, or go through your belongings and donate things to those in need. Charitable acts allow you to feel more full and happy to be apart of something bigger than yourself.

*What are you waiting for?
Go on-get happy*

Starting a new habit takes 21 days to become part of your regular routine. Be patience with yourself and start small.

Choose one habit to focus on at a time and begin to notice an improved overall personal happiness.

www.yourstrongerself.me