


FIVE PRACTICES FOR DAILY HAPPINESS



One rarely falls in love without being as much attracted to what is interestingly wrong with someone as what is objectively healthy

1 BE PLAYFUL

Playtime enhances social bonds and social learning. What does play mean to you? Whatever it is, try to make it social with friends to add another level of engagement.



2 BE MINDFUL

On average the mind wanders half of the time. The more it wanders, the unhappier we were. Mindfulness helps against the wandering. Do this breathing exercise:

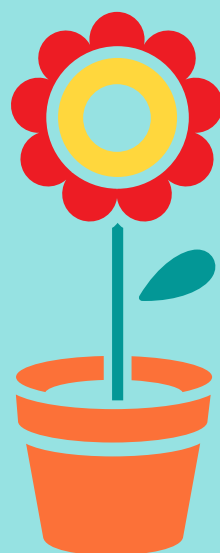
Step 1: Close your eyes

Step 2: Concentrate on your breath

Step 3: See where your mind wanders

Step 4: Touch the thought or image and acknowledge it

Step 5: Go back to the breath



3 BE FORGIVING

The more we can forgive ourselves and others for mistakes the better we'll be. Here are 3 steps to forgive:

Step 1: Forgive yourself, it's the past

Step 2: Investigate the mistake so you can learn from it

Step 3: Invite yourself to begin again, it's not the end of the world



4 BE COMPASSIONATE

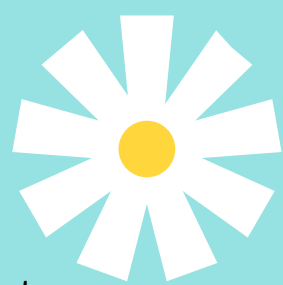
Recognizing the suffering of others and wanting to support them correlates with a meaningful and purposeful life.

Here's how you cultivate compassion:

Step 1: Create social connections; we're social creatures

Step 2: Smile more. Don't be so serious all the time

Step 3: Show gratitude. There's a lot to be thankful.



5 EAT, SLEEP, EXERCISE, REST

Your eating, sleeping, resting, and exercise habits are linked to your happiness. So make time for them.

