

Happiness is a habit

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I make choices that bring me inner peace and joy. I create routines that make my life harmonious and satisfying.

I treat myself with compassion. I love and accept myself as I am. I use positive self-talk. I practice self-care and adopt a growth mindset. I learn from experience. I forgive myself and move on.

I give generously. I share my time, talents, and resources with others. **I take pleasure in seeing others smile.**

I develop mutually supportive relationships. I allow myself to be vulnerable. I talk about my thoughts and feelings. I ask for help when I am struggling.

I manage stress. **I live mindfully.** I find relaxation practices that work for me. I breathe deeply and meditate. I listen to instrumental music or take a walk in the park. I think positive and repeat affirmations.

I cultivate gratitude. I remember the many things I am thankful for. I tell others how

much they mean to me.

I do meaningful work and fill my leisure time with rewarding activities. My confidence grows when I see myself having a positive impact.

I laugh and play. Humor lifts my spirits. It promotes healing and draws me closer to others. I run around with my children. I watch cat videos. I turn difficult situations into funny stories that I can talk about at dinner.

Today, I enjoy tranquility and bliss. My habits make my life more peaceful and happier.

Self-Reflection Questions:

1. Why is happiness more like a path than a destination?
2. Why does cheering someone up make me feel happy too?
3. How can simple living make me happier?