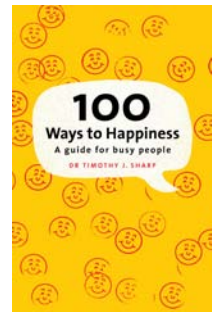


## **100 Ways to Happiness: a guide for busy people**

### **20 Ways to Happy Habits**

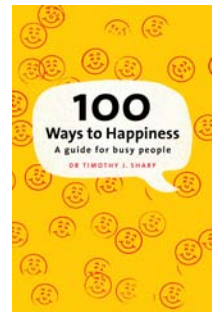
1. Redefine happiness
2. Don't limit your potential
3. Reduce the 'shoulds'
4. Have a 'happy hour'
5. Practise incremental change
6. Alter bad habits
7. Spring-clean your life – regularly
8. Get it done today
9. Look at your upbringing objectively
10. Forgive others
11. Be your own guru
12. Recognise your strengths
13. Find flow
14. Transfer your skills
15. Keep focussed
16. Keep a positive events diary
17. Practise gratitude exercises
18. Make rest a priority
19. Create a rewards system
20. Remember to be happy!

Find out more at <http://www.thehappinessinstitute.com>



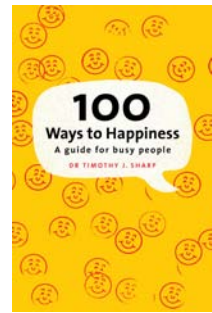
## Section Two – 20 ways to a happy body

21. Exercise now
22. Exercise to boost our mood
23. Practise mindful exercise
24. Take a 'thank you' walk
25. Practise controlled breathing
26. Practise progressive muscle relaxation
27. Practise visual imagery relaxation
28. Sort out your sleep routine
29. Keep your bedroom distraction-free
30. Switch off
31. Put down your burden
32. Keep an exercise log
33. Snack on something healthy
34. Re-hydrate yourself
35. Make activity vigorous
36. Increase incidental activity
37. Accept your body
38. Listen to your body
39. Stretch
40. Laugh!



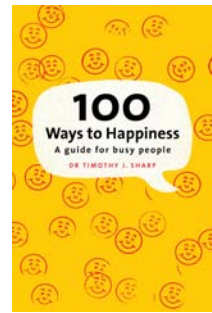
### **Section Three – 20 ways to better relationships**

41. Cut comparisons
42. Practise affirmation
43. Spend time with positive people
44. Be supportive
45. Focus on people's strengths
46. Be an unconditional friend
47. Be purposeful in your relationships
48. Accentuate the positive
49. Outweigh the negatives with positives
50. Communicate effectively
51. Be affirmative in conversation
52. Choose your words
53. Foster your intimate relationship
54. Be a do-gooder
55. Pay a 'celebration visit'
56. Give generously
57. Lean on others
58. Enlist a happiness buddy
59. Have a friend affirm you
60. Reflect on criticism positively



#### **Section Four – 20 ways to a more positive mind**

61. Aim to play above the line!
62. Clarify your values
63. Repel antagonistic values
64. There is nothing good or bad
65. Trump negativity
66. Practise 'happiness kaizen'
67. Simplify your life
68. Do sweat the small stuff
69. Think like an optimist
70. Be aware of your internal voice
71. Challenge your thoughts
72. Get a spam filter
73. Test the helpfulness of thoughts
74. Overcome worry
75. Get into the game
76. Think again
77. Plant optimistic thoughts
78. Ask the question
79. Stop the sky from falling – rationalise
80. Apply Pareto's Law



## **Section Five – 20 ways to plan and create a happy life**

81. Set goals
82. Work and play using your strengths
83. Visualise a happy you
84. Direct your own life story
85. Create your ideal 'happiness pie'
86. Make a substitution
87. Eulogise your ideal life
88. Maximise happiness productivity
89. Put yourself first
90. Plan mini-breaks
91. Prioritise tasks
92. Refine your workload
93. Stop waiting for happiness
94. Be curious about the world
95. Lighten up
96. Deal with adversity
97. Take action to maintain happiness
98. Be prepared for setbacks
99. Handle your problems
100. Live like a five-year-old