

THE HAPPINESS INSTITUTE

What happy people do!

This simple tip sheet has been developed to help remind you, and prompt you to practice the types of behaviours used and applied by happy people.

Happy people...

- Set SMART goals (specific, measurable, achievable, relevant and timed) and review them on a regular basis (i.e. daily)
- Eat well and exercise regularly
- Ensure they get enough sleep and rest
- Meditate often and enjoy “wakefulness”
- Think optimistically
- Build positive relationships
- Are likeable and nice
- Find ways to utilise their strengths every single day
- Set themselves challenges
- Vary their routines
- Practice appreciation and gratitude
- Have fun!

Feel free to print out this summary and stick it somewhere you'll see and be reminded of it often.

Achieving happiness requires nothing more than practising a few simple habits on a daily basis – these are some of those habits, so start practising now and begin to experience more positive emotions in your life.

If you'd like to know more about how we can help you learn and master these happiness behaviours feel free to call (61 2 9221 3306) or email (info@thehappinessinstitute.com) any time.