

1: Top 65 Happy Songs That Will Make You Smile Playlist

"Get a Life" teaches the skills for taking charge of your own life. It explains how to use your power to make the world a better place for yourself and others. It uses examples both from real life and from rewriting the story of Cinderella and the Prince to provide new role models.

It comes from your own actions. At only thirty-seven, Daniel left behind an army of people whose lives he had touched in some way, including my own. At thirty-three I have just qualified as a Psychotherapist and Hypnotherapist. At the time Daniel passed away I was working as a Human Resources Manager, a profession I had originally trained in and remained in for over ten years. A number of factors and events led me to make the leap and set up my own practice as a Psychotherapist and Hypnotherapist, but the overriding reason was simply to follow my dreams. Many of my friends told me how inspiring I was to them, others told me I was brave, and the rest gave me a look of awe that suggested I was crazy. Words of well meaning advice were spoken. Every day we are faced with stories that remind us of our own mortality as human beings, but when you lose someone you love with all your heart, it changes something deep within you. The everyday drama we allow into our lives falls away and suddenly seems insignificant. We find ourselves reaching out and opening our heart to let others in. We start to notice the simple pleasures. We become acutely aware that we never really know when our time might be up, and we make a pledge to let joy into our life. That was the pledge I made. What dreams, desires, feelings, or needs of your own have you pushed aside? And if you followed your own dreams and bliss, how would your life change for the better? You are the driver of your own life, and as you journey through, you have choices about which paths to take. The people you pick up along the way can influence your life, but you still remain in control. These ideas may help you start creating more joy in your life: Tell a new story. Instead, tell a story that makes you feel inspired and positive. You can change that. Up until two years ago I had done nothing about that interest until one day I decided to make a change and looked into some local evening courses. I found one starting a few weeks later and got the last place on it. Spending a few hours a week learning something new, just for the pleasure of it, was exhilarating. What activities throughout your life have given you the greatest feeling of achievement? If you could do anything what would you do and what would bring you a step closer to that? Feel the thoughts that make you feel good. Sometimes it can feel that our thoughts are thinking us and that we have no control over them. How many of the 60, thoughts you have each day are anxious, critical, defensive, or frustrated? Most of our everyday thinking is driven from the unconscious mind, which is far greater than the conscious mind. This is why it may feel an impossible task to rein your thoughts in. But as with most things, a little practice can go a long way. Reach for the thoughts that make you feel good and then practice holding on to them. Instead let go of the thoughts and think of something else that makes you feel good. It may be something you have planned for the weekend. It may be a memory of time spent with your partner. The more you can get a hold on your thoughts, the greater control you will gain over your emotions. After all, why would you choose to feel anything but joyful, elated, on top of the world, clear-minded, creative, enthusiastic, or eager? What will it be like when you can feel like that for most of your day? Spring clean your belief system. The only difference is that there are some people who have learned to shine a beam on what they really want in life and then have the belief to make that happen. When you believe it, you feel it right through to your very core. Many people believe they have to live with the cards they have been dealt, that life is tough, or if you want something you have to fight for it. Yet beliefs are only thoughts that we keep thinking. No belief is set in stone. As humans we have a great capacity for sticking to false beliefs. We once believed that the world was flat until someone convinced us otherwise. I have run two marathons in the past two years. What beliefs have you got that are holding you back? If you really challenge those beliefs you will see them start to crumble, allowing you to build new, stronger, more positive beliefs. Happiness is an emotion. If you reach for thoughts that make you feel happy, you can be happy right now! When you focus your attention on feeling happy now, the rest falls into place, and you find yourself attracting new things into your life. I close my eyes and imagine I am back there with no more than a backpack, feeling the sun warm against my skin, sitting outside a cafe sipping a cool drink as I

soak up the sights and sounds before my eyes. It never fails to raise a smile on my lips and a glow in my heart. Be grateful for what you have in your life now. Take a few moments every day to really savor what makes you happy and give thanks for it. It could be waking up in a warm bed, enjoying a piece of cake in a cafe while watching the world go by, walking with your dog in the fresh air, or simply being healthy. When you create feelings of gratitude, you change the feeling in your heart. Just think what effect having a heart bursting with gratitude can have on your mind and your body! Create a bliss board. Take a large sheet of cardboard and fill it with pictures, captions, or words that you want your life to reflect. Pin it to a wall in your home so that every day you are reminded of what you want in life. Take a leap of faith. It does take confidence and self-belief, but this is where banishing the old beliefs and replacing your old negative thoughts with positive ones comes in. If practiced regularly, this will create the self-worth and self-reliance needed to make that leap of faith. Take a moment now to reflect on the above and on your life. Remind yourself of just how wonderful this rich tapestry of life is, that there is a sea of opportunity ripe for the taking out there, if only we would take it. But above all, remember that no matter what is happening to any one of us, the only thing that really matters at the end of it all is that our lives were filled with joy. Having worked with hundreds of clients to help them achieve their goals, she provides 1 - 1 sessions in Edinburgh, Scotland, and worldwide over Skype. Visit her at saramaudehypnotherapy.com.

2: How to Grow Up and Get a Life: 13 Steps (with Pictures) - wikiHow

But, when you have a magic mindset, you believe that you really can have that amazing, inspiring, fulfilling life that really makes you happy. And when you have a growth mindset, you are one step closer to actually having that life.

Here are of the best quotes and sayings about Life, Love, Friendship, and Happiness handpicked by the team here at Live Life Happy. We hope you find some uplifting and inspiring ones to help you through difficult and trying times. Feel free to share this updated collection of quotes with friends and family. I understand why people hold hands: It is about speaking without words. To be classy is to have respect; respect for others, respect for elders, and most of all respect for yourself. Listen to people who encourage you to do what you know in your heart is right. His hugs were always a preamble to something else and after he was gone, I wondered if he ever knew me at all. Sometimes change may not be what we want. Sometimes change is what we need. But if we could, like, intensely dwell on the really great things in life the way we intensely dwell on the negative things in life; I think that would be fantastic. Identify the habits holding you back and make a decision to crush them. The mentally tough mind is like a flourishing garden, and bad habits are the weeds that suffocate it. Watering the flowers without killing the weeds is an act of self-delusion. You can always make time. They all made you the person that you are today. Once earned, it affords us tremendous freedom. But once trust is lost, it can be impossible to recover. Of course the truth is, we never know who we can trust. In the end, most people decide to trust only themselves. It really is the simplest way to keep from getting burned. A great day even. Make sure you remember those days. Keep them safely in your pockets, maybe even a jar on your desk because you need to know that there are and will be better days. Hold on to that warmth. And never let it go. From every wound there is a scar, and every scar tells a story. You just use the future to escape the present. Always strive to improve no matter how good you think you are. Someone who will listen. Someone who will understand. Your life literally slows down. You stop wishing for the weekend. You stop merely looking forward to special events. You begin to live in each moment and you start feeling like a human being. You just ride the wave that is life, with this feeling of contentment and joy. You move fluidly, steadily, calm and grateful. A veil is lifted, and a whole new perspective is born. It is your life. Live it the way you want. Some of them love us dearly. Many of them have good intentions. Most are toxic to our being simply because their needs and way of existing in the world force us to compromise ourselves and our happiness. And as hard as it is, we have to let them go. You have to make your wellbeing a priority. Whether that means breaking up with someone you care about, loving a family member from a distance, letting go of a friend, or removing yourself from a situation that feels painful – you have every right to leave and create a safer space for yourself. Is everyday experience good, healthy, beautiful? Because I have to tell you, while it might be cool to work for a company like Google, Apple, or The New Yorker, if your job is stupid, stressful and your boss is an asshole, there is nothing good or prestigious about that. While it might seem right to go to a school like Berkeley, if classes are overcrowded and students are nervous, anxious, religious zealots from Orange County, are you sure you want to go there? To believe in prestige is to privilege abstract, collective impression over palpable, daily experience. To which I say: Do what serves your everyday vitality. You are not the moon kissing the black sky. Sleep in on Saturday mornings and wake yourself up early on Sunday. There is a truth to that. We are not nouns, we are verbs. I am not a thing – an actor, a writer – I am a person who does things – I write, I act – and I never know what I am going to do next. I think you can be imprisoned if you think of yourself as a noun. The way you love someone, and how you talk. Your smile and your personality. What you believe in, and all your dreams. The way you drink your tea. How you decorate your home. The food you make. How your writing looks. And the way you feel. I want to get more confident being uncertain. Just literally twenty seconds of just embarrassing bravery. And I promise you, something great will come of it. Our best critic, yet our strongest supporter. If you want to reach your goals, you have to be able to put up with the pain. Just let it go. The person that you want to be does exist, somewhere in the other side of hard work and faith, and belief and beyond the heartache and fear of what life has. There is something inexpressibly beautiful about being awake to behold the splendor of this world while everyone else is still asleep. Instead, you remain

stuck in time forgetting there is a future. Learn to forgive and forget and move on. Hatred is a strong word and depression can be stopped. You are the only one that can make yourself depressed. So learn to stop it. Do the things that make you happy and everything you want will surely find you. Choose to stay positive and be strong. We lose them because we are destined to find somebody else. It is rather a conscious choice to focus on the good and to cultivate happiness – genuine happiness. Happiness is not a limited resource. When we devote our energy and time to trivial matters and choose to stress over things that ultimately are insignificant, from that point, we perpetuate our own sadness and lose sight of the things that really make us happy and rationalize our way out of doing amazing things. The past is meant to teach you and the hard times are meant to strengthen you. You either create it, invite it, or you associate with people who love to bring it into your life. Take that pain and turn it into wisdom. It just feeds your shame, fuels your feelings of inadequacy, and ultimately, it keeps you stuck. The reality is that there is no one correct path in life. Everyone has their own unique journey. So stop comparing, and start living. You may not have ended up where you intended to go. But trust, for once, that you have ended up where you needed to be. Trust that you are in the right place at the right time. Trust that your life is enough. Trust that you are enough. Take action, make a change, and never look back. We read and write poetry because we are members of the human race.

3: Inspiring Happiness Quotes To Change The Way You Think

One of the main incentives to get back into my early rising - and using the time to get back into writing - was reading The One Thing by Gary Keller and Jay Papasan. I'd heard about the book three or four years ago and dismissed it a bit as same-old personal development, but it really is good.

Comments True happiness is to enjoy the present, without anxious dependence upon the future, not to amuse ourselves with either hopes or fears but to rest satisfied with what we have, which is sufficient. The only person who can hurt your happiness in the long run is YOU. Count your blessings while others are adding up their troubles. Happiness is when what you think, what you say, and what you do are in harmony. Be nice to people on your way up because you might meet them again on your way back down. When other people treat you poorly, walk away, smile and keep being YOU. Happiness and success is all about spending your life in your own way. Sometimes you must dare to do it because life is too short to regret and wonder what could have been. No medicine cures what happiness cannot. Success is getting what you want, happiness is wanting what you get. Great challenges make life interesting; overcoming them makes life meaningful. Any fool can be happy when times are good. It takes a strong soul with real heart to develop smiles out of situations that make us weep. No matter how long it takes, it will get better. Tough situations build strong people in the end. Smile and be grateful. Life is too short to waste on negativity. Do not dwell so much on creating your perfect life that you forget to live. The best way to cheer yourself is to try to cheer someone else up. Generally speaking, the most miserable people I know are those who are obsessed with themselves; the happiest people I know are those who lose themselves in the service of others. By and large, I have come to see that if we complain about life, it is because we are thinking only of ourselves. Happiness is not something ready made. It comes from your own actions. Sometimes it just means you stopped living your life their way. Only you can be responsible for that. Accept who you are completely; the good and the bad and make changes as YOU see fit not because you think someone else wants you to be different. It is what you think about. What you do not want done to yourself, do not do to others. Life is really simple, but we insist on making it complicated. Look for something positive about this moment. Even if you have to look a little harder than usual, it still exists. Stop focusing on how stressed you are and remember how blessed you are. It could be so much worse. The happiness of your life depends upon the quality of your thoughts. Sometimes life knocks you on your ass get up, get up, get up!!! It is what you think about it. Remember, social comparison is the thief of happiness. The greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances. Very little is needed to make a happy life; it is all within yourself in your way of thinking. Thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. Happiness never decreases by being shared. Happiness is not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort. The foolish man seeks happiness in the distance, the wise grows it under his feet. Work to create a life that feels right to YOU, not one that looks right to everyone else. What is coming is better than what is gone. Good things often happen when you least expect it. The happiest people in the world are those who feel absolutely terrific about themselves, and this is the natural outgrowth of accepting total responsibility for every part of their life. Life will bring you pain all by itself. Your responsibility is to create joy. The trick is to enjoy your life today. Happiness is like a kiss. You must share it to enjoy it. Happiness is like a butterfly; the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder. Often people attempt to live their lives backwards; they try to have more things, or more money, in order to do more of what they want, so they will be happier. The way it actually works is the reverse. You must first be who you really are, then do what you need to do, in order to have what you want. Of all the things you wear, your expression is the most important. Man must search for what is right, and let happiness come on its own. He is rich or poor according to what he is, not according to what he has. The search for happiness is one of the chief sources of unhappiness. Be happy, and a reason will come along. I think the key to life is just being a happy person, and happiness will bring you success. There is no way to happiness happiness is the way. Happiness is a by-product of an

effort to make someone else happy. Enjoy the little things, for one day you may look back and realize they were the big things. Call him a breathing corpse. Even a happy life cannot be without a measure of darkness, and the word happy would lose its meaning if it were not balanced by sadness. It is far better to take things as they come along with patience and equanimity. Happiness is not something you postpone for the future; it is something you design for the present. If you want happiness for an hour – take a nap. If you want happiness for a day – go fishing. If you want happiness for a month – get married. If you want happiness for a year – inherit a fortune. If you want happiness for a lifetime – help someone else Live simply. Leave everything else to the powers above you. Why fit in when you were born to stand out? There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. Be kind to everyone you meet, for everyone is fighting some kind of battle. It is not how much we have, but how much we enjoy, that makes happiness. When everything seem to be going against you, remember that the airplane takes off against the wind, not with it! You have to have music in your soul to make your life dance. If being happy is important to you, try this: The best way to cheer yourself up is to try to cheer somebody else up. Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. If you want to be happy, be. We are no longer happy so soon as we wish to be happier. If you are not content with what you have, you would not be satisfied if it were doubled. True happiness is to enjoy the present without anxious dependence upon the future. The remarkable thing is, we have a choice everyday regarding the attitude we will embrace for that day. When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I think happiness is what makes you pretty. Happy people are beautiful. They become like a mirror and they reflect that happiness. Happiness is not a state to arrive at, but a manner of traveling. For every minute you are angry, you lose sixty seconds of happiness. On the whole, the happiest people seem to be those who have no particular cause for being happy except that they are so.

4: 15 ways to make your life happy | Life Labs

"A very user-friendly and humorous approach to getting what you want without hurting other people." -- Open Life Magazine "Every couple should read this. And every single too.

However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you to reduce stress, find friends, reach out to the community, learn new skills, and even advance your career. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. Giving in even simple ways can help others those in need and improve your health and happiness. The happiness effect Helping others kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in Social Science and Medicine. Volunteering connects you to others One of the better-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities. Increase your social and relationship skills While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Volunteering as a family Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change. Volunteering is good for your mind and body Volunteering provides many benefits to both mental and physical health. Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression. Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals. Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease. I have limited mobilityâ€”can I still volunteer? People with disabilities or chronic health conditions can still benefit greatly from volunteering. In fact, research has shown that adults with disabilities or health conditions ranging from hearing and vision loss to heart disease, diabetes or digestive disorders all show improvement after volunteering. Whether due to a disability, a lack of transportation, or time constraints, many people choose to volunteer their time via phone or computer. Some organizations may require you to attend an initial training session or periodical meetings while others can be done completely remotely. In any volunteer situation, make sure that you are getting enough social contact,

and that the organization is available to support you should you have questions. Teaching you valuable job skills Just because volunteer work is unpaid does not mean the skills you learn are basic. Many volunteering opportunities provide extensive training. Volunteering can also help you build upon skills you already have and use them to benefit the greater community. For instance, if you hold a successful sales position, you raise awareness for your favorite cause as a volunteer advocate, while further developing and improving your public speaking, communication, and marketing skills. Gaining career experience Finding the Right Career: How to Find Job Satisfaction Volunteering offers you the chance to try out a new career without making a long-term commitment. It is also a great way to gain experience in a new field. Your volunteer work might also expose you to professional organizations or internships that could be of benefit to your career. Bear in mind that the most valuable skills you can bring to any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude. Volunteering brings fun and fulfillment to your life Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life. Many people volunteer in order to make time for hobbies outside of work as well. Consider your goals and interests You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Think about why you want to volunteer. What would you enjoy doing? The opportunities that match both your goals and your interests are most likely to be fun and fulfilling. Tips for getting started First, ask yourself if there is something specific you want to do. Having answers to these questions will help you narrow down your search. World Volunteer Web How to find the right volunteer opportunity There are numerous volunteer opportunities available. The key is to find a volunteer position that you would enjoy and are capable of doing. Ask yourself the following: Would you like to work with adults, children, animals, or remotely from home? Do you prefer to work alone or as part of a team? Are you better behind the scenes or do you prefer to take a more visible role? How much time are you willing to commit? What skills can you bring to a volunteer job? What causes are important to you? Sometimes an opportunity looks great on paper, but the reality is quite different. Try to visit different organizations and get a feel for what they are like and if you click with other staff and volunteers. Where to find volunteer opportunities Community theatres, museums, and monuments Libraries or senior centers Service organizations such as Lions Clubs or Rotary Clubs Local animal shelters, rescue organizations, or wildlife centers Youth organizations, sports teams, and after-school programs Historical restorations, national parks, and conservation organizations Places of worship such as churches or synagogues Online databases such as those contained in the Resources section below How much time should you volunteer? In fact, research shows that just two to three hours per week, or about hours a year, can confer the most benefits to both you and your chosen cause. The important thing is to volunteer only the amount of time that feels comfortable to you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list. To make sure that your volunteer position is a good fit: You want to make sure that the experience is right for your skills, your goals, and the time you want to spend. You should be comfortable with the organization and understand the time commitment. Give yourself some flexibility to change your focus if needed. If volunteering overseas, choose carefully. Some volunteer programs abroad can cause more harm than good if they take much-needed paying jobs away from local workers. Look for volunteer opportunities with reputable organizations. The best volunteer experiences benefit both the volunteer and the organization. Or are you uncomfortable simply because the situation is new and unfamiliar? Recommended reading Simple Changes, Big Rewards: A Practical, Easy Guide for Healthy, Happy Living Volunteer Resources A series of articles to learn more about volunteering, from finding the best fit to how to include volunteer experience on your resume. Timebank The Health Benefits of Volunteering: Recent Research PDF A comprehensive discussion of the most recent research on volunteering, citing specific studies outlining the benefits to health, especially for seniors. Corporation for National and Community Service The many ways volunteering is good for your heart How volunteering offers advantages for your physical and mental health. Harvard Health Publications 10 Tips on Volunteering Wisely Tips to make the most of your volunteering experience, from

finding the right organization to managing your volunteer time. Network for Good VolunteerMatch â€” An online volunteer search database which allows you to search for opportunities that match your volunteer interests, from location to type of work. VolunteerMatch Idealist â€” Find volunteer opportunities in your local area or internationally. Idealist National and Community Service â€” Federal organization offering volunteer position across the U. National Service Volunteer â€” Provides a directory of environmental volunteer opportunities with organizations such as the U. Peace Corps â€” Offers volunteer opportunities overseas and includes a 50 Plus division for older adults.

5: 30 Things That Make Me Happy - The Most Rewarding Life

What keeps us happy and healthy as we go through life? If you think it's fame and money, you're not alone - but, according to psychiatrist Robert Waldinger, you're mistaken.

Copy the link 1. Make your own happiness a priority. It is entirely possible to look out for your own needs and still care about your friends and family. If you are happy, you are more likely to spread happiness and care for those around you. Think about what makes you happy. Now what would make me delirious would be to wake late, eat cake, drink wine and spend the day sunbathing somewhere on a hot and beautiful beach. But what does make me happy is writing, fresh linen, watching a good film, open fires, sauvignon blanc, walking in the woods with the dog, my chickens, a good meal with awesome friends, a lie in with my husband, dancing. There are a LOT of things that make me happy that cost little or nothing and those things I make time for. Spend time with people who make you happy. Who are the people that you enjoy spending time with? Who makes you happy, who loves, respects and appreciates you and who makes you want to be a better person? If you surround yourself with negative people then your life will be filled with negativity, and the opposite is true also, being around positive, happy people make you aspire to be positive and happy. But in our social lives it is so important to keep awesome and positive people around us, the ones who make us laugh, who are joyous to be around. Some of the people who make me happy are filthy minded, raucous and quite dark! But they are interesting and make me feel good about myself. Take responsibility for your own life. This is a biggy for me, the trait I hate the most in people is refusing to take responsibility for their own lives. People who say "it's alright for you because Live, learn and move on. Everyone faces hardships throughout their life and you can choose to be a martyr to your tough times or own the shit out of them and move forward as a stronger person. Everyone else is taken. Be the best version of yourself that you can be. Be true to yourself and be proud of the person you are. Be proud of your quirks and weirdness, stand tall and proud and applaud your inner awesomeness! Create your own happiness. No one can change your life and make you truly happy except you. Choose positivity over negativity and smile because you can. Choose to be happy with who you are right now and allow your joy to shape your present and your future. Do the things that make you happy more often, spend time with those who bring out your smile and create your own happiness. If you are waiting for someone else to make you happy, you may be waiting a long time. Find the silver lining. When you are going through a tough time it is easy to slip into feeling defeated and that life is just too hard. We go through things in life that we think will break us. Illness, bereavement, job loss, money troubles, and it can feel like there is no way to get through these times. The truth is we are stronger than we think. It is important to look for the silver lining even if that is only the tiniest sliver of hope. If there is no silver lining in your situation, for example the death of a loved one, then try to count your blessings and be grateful of the good things in your life. When things are hard, and you feel down, take a few deep breaths and remind yourself that you can and will grow stronger from these hard times. Remain conscious of your blessings and victories, of all the things in your life that are right. Be kind. Be a kind person, one who is caring and thoughtful, who thinks of others and treats people with respect. It's a simple one but so important. Be open. Be open; share your thoughts and feelings with the people closest to you. If you are hurting then accept the hurt and allow yourself time to heal, let your loved ones in and be honest with them. A problem shared is a problem halved, the act of speaking your troubles out loud can be of as much help as any advice you may receive. Becoming a more open person can lead to real happiness. Let go of the past. Our pasts define who we are and we can learn lessons from the things we have gone through, but when your past is keeping you from moving forward it becomes a problem. We have all had tough experiences but if you are reliving the pain of this experience again and again and it is affecting your present then it is time to let go. This is easier in some situations than others, but be honest with yourself and if something from your past is affecting your present then it may be time to talk through those issues either with a trusted friend or family member or a trained therapist. Take a chance. Two years ago my husband and I took a leap of faith, we sold our home and rented a 15th century mill to push our photography business forward. It was a risk, but a calculated risk. Life is not about getting a chance; it is about taking a

chance. If there is something you have always dreamed of doing, then try to make it happen. Be mindful Live in the present, in the here and now. It is so easy to let busy lives, technology and procrastination take over our lives, but being mindful of the things around you can bring peace and happiness into your life. Take time to notice the things that are important in your life right now, experience life as it happens. This moment is the only thing guaranteed to you in life, we never know what the future holds so enjoy today. Worrying about things that are beyond your control is such a waste of your time and emotional energy. Worry affects you, not the person or situation you are worrying about. If it is important to you and you can control the outcome and positively help a problem then great, if not then let it go. You have enough genuine problems to face in life without upsetting yourself with things beyond your control. It takes acceptance from you and then a plan, no matter how small the steps, you need to do little and often and move it forward. Some problems you will be able to overcome alone with a good old-fashioned list and a bit of hard work. Others are bigger and need support from others. There is no shame in asking for help, whether it is the help of friends, family or a professional. Appreciate the things you have Perspective. There will always be someone better off than you and someone worse off than you. Love those around you Appreciate and love those around you, bring joy to the people who mean the most by telling them how much they mean to you.

6: Reasons to Do What You Love for a Living

No one can change your life and make you truly happy except you. Choose positivity over negativity and smile because you can. Choose to be happy with who you are right now and allow your joy to shape your present and your future.

Share via Email Caring for someone else can boost your happiness. Advertisers tell us it comes from owning and consuming their products. The media associate it with wealth, beauty or fame. And politicians claim that nothing matters more than growing the economy. But do any of these things really bring lasting happiness? For thousands of years, people have looked to philosophy, religion and grandmotherly wisdom for answers to such questions. But in recent decades this ancient wisdom has been tested by scientific research. Scientists have found that although our genes and circumstances matter, a huge proportion of the variations in happiness between us come from our choices and activities. So although we may not be able to change our inherited characteristics or the circumstances in which we find ourselves, we still have the power to change how happy we are – by the way we approach our lives. Action for Happiness has identified 10 keys to happier living, based on an extensive review of the latest research about what really helps people flourish. Do things for others Caring about others is fundamental to our happiness. It makes us happier and can help to improve our health. Giving also creates stronger connections between people and helps to build a happier society for everyone. So if you want to feel good, do good. Action ideas Do three extra acts of kindness today. Offer to help, give away your change, pay a compliment, or make someone smile. Give them a call or offer your support. Let them know you care. Connect with people Our relationships with other people are the most important thing for our happiness. People with strong relationships are happier, healthier and live longer. Our close relationships with family and friends provide love, meaning, support and increase our feelings of self-worth. Our broader social networks bring a sense of belonging. Action ideas Make more time for the people who matter. Chat with a loved one or friend, call your parents or play with the kids. Make three extra connections today. Stop to chat in the shop, wave at a neighbour, learn the name of someone new. Take care of your body Our body and mind are connected. Being active makes us happier as well as healthier. It instantly improves our mood and can even lift us out of depression. We can also boost our wellbeing by spending time outdoors, eating healthily, unplugging from technology and getting enough sleep. Action ideas Be more active today. Get off the bus a stop early, take the stairs, turn off the TV, go for a walk – anything that gets you moving. Eat nutritious food, drink more water, catch up on sleep. Notice which healthy actions lift your mood and do more of them. Notice the world around you Have you ever felt there must be more to life? Good news – there is. We just need to stop and take notice. It helps us get in tune with our feelings and stops us dwelling on the past or worrying about the future. Action ideas Give yourself a bit of head space. At least once a day, stop and take five minutes to just breathe and be in the moment. Notice and appreciate good things around you every day, big or small. Trees, birdsong, the smell of coffee, laughter perhaps? Keep learning Learning affects our wellbeing in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience. There are many ways to learn new things throughout our lives, not just through formal qualifications. We can share a skill with friends, join a club, learn to sing, play a new sport and so much more. Action ideas Do something for the first time today. Sample sushi, try a new route, read a different newspaper or visit a local place of interest. Learn a new skill, however small. A first aid technique or a new feature on your phone, perhaps. Cook a new meal or use a new word. Have goals to look forward to Feeling good about the future is really important for our happiness. We all need goals to motivate us and these have to be challenging enough to excite us, but also achievable. If we try to attempt the impossible, this creates unnecessary stress. Choosing meaningful but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them. Action ideas Take the first step. Make a call, fill in that form, tell others. Tell three people about an aspiration that is really important to you this year and listen to theirs too. Find ways to bounce back All of us have times of stress, loss, failure or trauma in our lives. How we respond to these events has a big impact on our wellbeing. We often cannot choose what happens to us, but we can choose how we react to

what happens. Action ideas Ask for help today. Confide in a friend, talk to an expert, reach out to a colleague, ask a neighbour to lend a hand. When something is troubling you, do something you really enjoy. Shift your mood and bring a new perspective on the problem. They also help us perform better, broaden our perception, increase our resilience and improve our physical health. Action ideas Do something that you know will make you feel good. Listen to music, watch something funny, get outside or call an old friend. Try to smile and say something positive or constructive every time you walk into a room. Notice the reaction you get. But so often we compare a negative view of ourselves with an unrealistic view of other people. Learning to accept ourselves, warts and all, and being kinder to ourselves when things go wrong increases our enjoyment of life, our resilience and our wellbeing. It also helps us accept others as they are.

7: How to Create Joy Today: 7 Tips for a Happy Life

One of the most counterintuitive pieces of advice I found is that to make yourself feel happier, you should help others. In fact, hours per year (or two hours per week) is the optimal time we should dedicate to helping others in order to enrich our lives.

Time to round up the research on living a happy life to see what we can use. Many of these techniques have been repeatedly tested and even worked with the clinically depressed. Showing gratitude for the good things you have is the most powerful happiness boosting activity there is. It will make you happier. It will improve your relationships. It can make you a better person. It can make life better for everyone around you. Bronze medalists are happier than silver medalists. They feel grateful to get a medal at all. Every night before you go to bed write three good things that happened to you that day. Jotting those down is pretty much all it takes to get a boost in well-being over time. Keeping track of the bad things will make you miserable. A convenient memory is a powerful thing. Do not train your brain to see the negative, teach it to see the positive. Wanna make yourself and someone else extremely happy? Try a gratitude visit. Write someone a letter thanking them and telling them how much what they have done for you means. Visit them and read it in person. Exercising signature strengths is why starving artists are happier with their jobs. Think about the best possible version of yourself and move toward that. Values for your other relationships are here. Being compassionate makes us happier causal, not correlative. Share the best events of your day with loved ones and ask them to do the same. And compliment them – we love compliments more than money or sex. A little bit of extraversion here would do you good. Happiness is more contagious than unhappiness so with amount of exposure to others well-being scales. Many other things are better. The Amish are as satisfied as billionaires and slumdweller can be surprisingly happy. The happiest of all income groups is people making k a year. Money is good but wanting money can be bad.

8: Volunteering and its Surprising Benefits: How Giving to Others Makes You Healthier and Happier

For example, if family is one of your core personal values, will taking a job that involves tons of travel make you happy? Take it a step further and really consider dreams you had when you were younger or currently have about what will make you truly happy.

Happy people accomplish more. Easier said than done though, right? Actually, many changes are easy. Here are 10 science-based ways to be happier from Belle Beth Cooper, Content Crafter at Buffer , the social media management tool that lets you schedule, automate, and analyze social media updates. Exercise has such a profound effect on our happiness and well-being that it is an effective strategy for overcoming depression. The results of this study are surprising: Although all three groups experienced similar improvements in their happiness levels early on, the follow-up assessments proved to be radically different: The groups were then tested six months later to assess their relapse rate. Of those who had taken the medication alone, 38 percent had slipped back into depression. Those in the combination group were doing only slightly better, with a 31 percent relapse rate. The biggest shock, though, came from the exercise group: Their relapse rate was only 9 percent. A study in the Journal of Health Psychology found that people who exercised felt better about their bodies even when they saw no physical changes: Over both conditions, body weight and shape did not change. Various aspects of body image, however, improved after exercise compared to before. It turns out sleep is also important for happiness. Negative stimuli get processed by the amygdala; positive or neutral memories gets processed by the hippocampus. Sleep deprivation hits the hippocampus harder than the amygdala. The result is that sleep-deprived people fail to recall pleasant memories yet recall gloomy memories just fine. In one experiment by Walker, sleep-deprived college students tried to memorize a list of words. Using a facial recognition task throughout the course of a day, researchers studied how sensitive participants were to positive and negative emotions. Those who worked through the afternoon without taking a nap became more sensitive to negative emotions like fear and anger. Using a face recognition task, here we demonstrate an amplified reactivity to anger and fear emotions across the day, without sleep. However, an intervening nap blocked and even reversed this negative emotional reactivity to anger and fear while conversely enhancing ratings of positive happy expressions. Of course, how well and how long you sleep will probably affect how you feel when you wake up, which can make a difference to your whole day. And most importantly to managers, employee mood had a clear impact on performance, including both how much work employees did and how well they did it. If you want more evidence that time with friends is beneficial for you, research proves it can make you happier right now, too. Social time is highly valuable when it comes to improving our happiness, even for introverts. Several studies have found that time spent with friends and family makes a big difference to how happy we feel. I love the way Harvard happiness expert Daniel Gilbert explains it: We are happy when we have family, we are happy when we have friends and almost all the other things we think make us happy are actually just ways of getting more family and friends. George Vaillant is the director of a year study of the lives of men. In an interview in the March newsletter to the Grant Study subjects, Vaillant was asked, "What have you learned from the Grant Study men? Good sibling relationships seem especially powerful: Actual changes in income, on the other hand, buy very little happiness. I think that last line is especially fascinating: So we could increase our annual income by hundreds of thousands of dollars and still not be as happy as we would if we increased the strength of our social relationships. The Terman study, covered in The Longevity Project , found that relationships and how we help others were important factors in living long, happy lives: We figured that if a Terman participant sincerely felt that he or she had friends and relatives to count on when having a hard time then that person would be healthier. Those who felt very loved and cared for, we predicted, would live the longest. Beyond social network size, the clearest benefit of social relationships came from helping others. Those who helped their friends and neighbors, advising and caring for others, tended to live to old age. Making time to go outside on a nice day also delivers a huge advantage; one study found that spending 20 minutes outside in good weather not only boosted positive mood, but broadened thinking and improved working memory This is pretty good news for those of us who are worried about fitting new habits

into our already-busy schedules. Twenty minutes is a short enough time to spend outside that you could fit it into your commute or even your lunch break. A UK study from the University of Sussex also found that being outdoors made people happier: Being outdoors, near the sea, on a warm, sunny weekend afternoon is the perfect spot for most. In fact, participants were found to be substantially happier outdoors in all natural environments than they were in urban environments. The American Meteorological Society published research in that found current temperature has a bigger effect on our happiness than variables like wind speed and humidity, or even the average temperature over the course of a day. It also found that happiness is maximized at 57 degrees. In fact, hours per year or two hours per week is the optimal time we should dedicate to helping others in order to enrich our lives. Spending money on other people, called "prosocial spending," also boosts happiness. The Journal of Happiness Studies published a study that explored this very topic: Participants recalled a previous purchase made for either themselves or someone else and then reported their happiness. Afterward, participants chose whether to spend a monetary windfall on themselves or someone else. Participants assigned to recall a purchase made for someone else reported feeling significantly happier immediately after this recollection; most importantly, the happier participants felt, the more likely they were to choose to spend a windfall on someone else in the near future. So spending money on other people makes us happier than buying stuff for ourselves. But what about spending our time on other people? A study of volunteering in Germany explored how volunteers were affected when their opportunities to help others were taken away: Volunteering was still widespread. Due to the shock of the reunion, a large portion of the infrastructure of volunteering e. Based on a comparison of the change in subjective well-being of these people and of people from the control group who had no change in their volunteer status, the hypothesis is supported that volunteering is rewarding in terms of higher life satisfaction. In his book *Flourish: A Visionary New Understanding of Happiness and Well-being*, University of Pennsylvania professor Martin Seligman explains that helping others can improve our own lives: A new study led by a Michigan State University business scholar suggests customer-service workers who fake smile throughout the day worsen their mood and withdraw from work, affecting productivity. Smile with just your mouth. Then smile naturally; your eyes narrow. According to *PsyBlog*, smiling can improve our attention and help us perform better on cognitive tasks: Smiling makes us feel good which also increases our attentional flexibility and our ability to think holistically. When this idea was tested by Johnson et al. A smile is also a good way to reduce some of the pain we feel in troubling circumstances: Smiling is one way to reduce the distress caused by an upsetting situation. Psychologists call this the facial feedback hypothesis. A study published in the journal *Applied Research in Quality of Life* showed that the highest spike in happiness came during the planning stage of a vacation as people enjoy the sense of anticipation: In the study, the effect of vacation anticipation boosted happiness for eight weeks. After the vacation, happiness quickly dropped back to baseline levels for most people. Shawn Achor has some info for us on this point, as well: One study found that people who just thought about watching their favorite movie actually raised their endorphin levels by 27 percent. Then, whenever you need a boost of happiness, remind yourself about it. *Rewire Your Brain for Happiness* Meditation is often touted as an important habit for improving focus, clarity, and attention span, as well as helping to keep you calm. In one study, a research team from Massachusetts General Hospital looked at the brain scans of 16 people before and after they participated in an eight-week course in mindfulness meditation. The study, published in the January issue of *Psychiatry Research*: According to Achor, meditation can actually make you happier long-term: Studies show that in the minutes right after meditating, we experience feelings of calm and contentment, as well as heightened awareness and empathy. And, research even shows that regular meditation can permanently rewire the brain to raise levels of happiness. *Move Closer to Work*: The fact that we tend to commute twice a day at least five days a week makes it unsurprising that the effect would build up over time and make us less and less happy. According to *The Art of Manliness*, having a long commute is something we often fail to realize will affect us so dramatically: Or as Harvard psychologist Daniel Gilbert put it, "Driving in traffic is a different kind of hell every day. Two Swiss economists who studied the effect of commuting on happiness found that such factors could not make up for the misery created by a long commute. In an experiment where participants took note of things they were grateful for each day, their moods were improved just from this

simple practice: The gratitude-outlook groups exhibited heightened well-being across several, though not all, of the outcome measures across the three studies, relative to the comparison groups. The effect on positive affect appeared to be the most robust finding. Results suggest that a conscious focus on blessings may have emotional and interpersonal benefits. The Journal of Happiness studies published a study that used letters of gratitude to test how being grateful can affect our levels of happiness: Participants included men and women who wrote three letters of gratitude over a 3 week period. Researchers, including the authors, have found that older people shown pictures of faces or situations tend to focus on and remember the happier ones more and the negative ones less. Other studies have discovered that as people age, they seek out situations that will lift their moods--for instance, pruning social circles of friends or acquaintances who might bring them down. Still other work finds that older adults learn to let go of loss and disappointment over unachieved goals, and focus their goals on greater well being.

9: Personality test: what job would make you happiest? | Life and style | The Guardian

The fact that we tend to commute twice a day at least five days a week makes it unsurprising that the effect would build up over time and make us less and less happy.

Esther Hicks books Atom village, and other pieces for easy reading The man without qualities Robert Musil Pistonless pump research paper Spanning the world : culture constructs gender difference Real Kids Come in All Sizes Treasures of the Achenbach Foundation for Graphic Arts Beginnings : family, work, movement The eat a pet cookbook Bibliography of concertos for organ and orchestra. Going under lexi ryan The Do It Yourself Handbook for Keyboard Playing Dont Tell Em Its Good for Em An Introduction to the Bahai Faith (Introduction to Religion) Americas Lost Dream Archuleta Co CO Marriage Index 1886-1933 Pen And Sword In Greece And Rome Julie brannagh blitzing emily Where Animals Help People Immortal ops mandy m roth The path of wisdom Interoperability with C Kentucky survival (HRW basic education) Somewhere Between Houston and El Paso Companies on the cutting edge Paper presentation for mechanical engineering At a General Assembly of the governor and Company of the state of Connecticut 13 Tzar Boris and Tsar Sergey Barcelona Catalonia Plasticity and Geotechnics (Advances in Mechanics and Mathematics) Hiit to invert Business to business marketing definition PC Maintenance Repair for A Certification Set 4 CD-ROM Introduction to common laboratory assays and technology Philip F. DuPont Ma psychology study material Life Differentiation and Harmony . Vegetal, Animal, Human (Analecta Husserliana) Its their business, too Of repair manual for 2004 subaru outback Effective teachers in primary schools Mission accomplished : Ole Miss integrated?