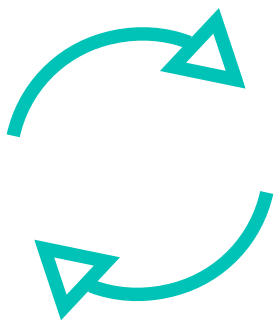


11 THINGS that

# HAPPY PEOPLE DO DIFFERENTLY



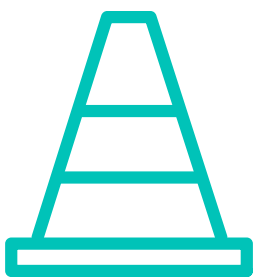
**Express gratitude** - when you appreciate what you have, what you have appreciates in value. Start with the little things like having shelter and enough to eat

**Cultivate Optimism** - people who think optimistically see the world packed with opportunity



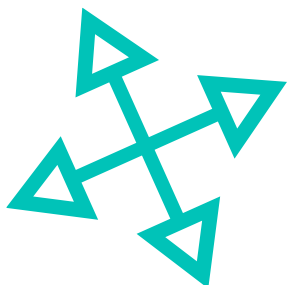
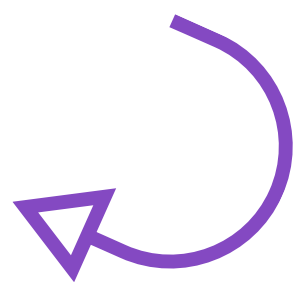
**Avoid over thinking and social comparison** - it can be both poisonous and self destructive to compare yourself to others! The only person you should compare yourself to was the you you were before now

**Nurture Social Relationships** - the happiest people on the planet are those who have deep and meaningful relationships



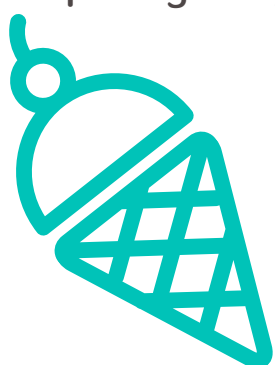
**Develop Strategies for Coping** - have these healthy strategies ready, on call and pre-rehearsed in your arsenal of coping tools and techniques

**Learn to forgive** - anger, regret and blame will never make you feel good. Forgiveness is all about taking your power back and letting go of the past



**Practice Acts of Kindness** - find ways to show compassion and kindness in a random way and notice how good you feel inside

**Increase flow experiences** - flow is an experience where you feel like time is standing still. Other terms used are 'mindfulness' and 'in the now'. Notice how good it feels when nothing is distracting you or competing for your thoughts



**Savour Life's joys** - connect and notice the joy around you - whether in your own sphere or observing someone else's joy, this can go a long way to lifting your mood

**Commit to your goals** - when we make commitments, magical things can happen



**Look After Your Body** - the saying "you are what you eat" is truer than you think. A healthy body is a happy body