

Take the Secret Society of Happy People's personal happiness inventory at Tinyurl.com/HappinessCheck. Tinyurl.com/DefiningOurHappiness provides an introduction.

11 HABITS OF THE HAPPIEST PEOPLE

by Kristi Ling

Happy people don't find happiness like you'd find a penny on the ground; they make it happen, with action. Cultivating happiness habits can make a marked difference in your life.

✓ **Be deliberately optimistic.** Optimism is imperative to emotional wellness.

✓ **Prioritize mindfully.** Consistently align choices, intentions and actions with the top priorities of love, happiness and health.

✓ **Keep uplifting resources on hand.** A few surefire mood-lifters may include a green smoothie, mani-pedi and solo dance party to at least one get-your-feet-moving song by a favorite artist.

✓ **Put yourself first.** It's the best way to bring your A game to everyone else.

✓ **Be a prolific seeker.** Seek beauty, joy, adventure, pleasure, growth and power-

ful meaning in all areas of life. Let life move you to possibility, opportunity and gratitude.

✓ **Don't make things personal.** Absolutely nothing others say or do is about you, ever.

✓ **Examine the worst that can happen.** Many of the limitations you're placing on yourself aren't real—they're illusions.



✓ **Practice loving-kindness.** Making this a habit changes the vibration of your life and the lives of those around you. Plus it feels great.

✓ **Be aware of your energy.** Tune in to surrounding energy, as well as the energy you're emitting and notice what needs to be adjusted or abandoned.

✓ **Be wary of media consumption.** Limit messages in everything from email and news to books and music that take you away from the calm, open space within that revels in joy and wonder. Conversations count, too.

Kristi Ling is the author of *Operation Happiness: The 3-Step Plan to Creating a Life of Lasting Joy, Abundant Energy, and Radical Bliss*. The life and business coach shares more at KristiLing.com/operationhappinessresources.

HAPPIER IN JUST MINUTES

- Journaling for two minutes about one positive experience we've had over the past 24 hours allows our brain to relive it.
- Exercising, including 15 minutes of cardiovascular action a day, teaches our brain that our behavior matters and improves our mood.
- Meditating for even a few minutes at a time relieves an overloaded brain and allows it to focus on one thing at a time.
- Writing one quick email in the morning praising or thanking someone we work with or just to make them happy will make us feel a sense of social support, a great predictor of happiness.

*Source: The Happiness Advantage,
by Shawn Achor*