

10 SIMPLE THINGS THAT WILL MAKE YOU HAPPIER

1. EXERCISE MORE - 7 MINUTES MIGHT BE ENOUGH
2. SLEEP MORE - YOU'LL BE LESS SENSITIVE TO NEGATIVE EMOTIONS
3. MOVE CLOSER TO WORK - A SHORT COMMUTE IS WORTH MORE THAN A BIG HOUSE
4. SPEND TIME WITH FRIENDS AND FAMILY - DON'T REGRET IT ON YOUR DEATHBED
5. GO OUTSIDE - HAPPINESS IS MAXIMIZED AT 13.9°C (57°F)
6. HELP OTHERS - 100 HOURS A YEAR IS THE MAGICAL NUMBER
7. PRACTICE SMILING - IT CAN ALLEVIATE PAIN
8. PLAN A TRIP - BUT DON'T TAKE ONE
9. MEDITATE - REWIRE YOUR BRAIN FOR HAPPINESS
10. PRACTICE GRATITUDE - INCREASE BOTH HAPPINESS AND LIFE SATISFACTION

Source and for full article visit http://higherperspective.com/2015/01/happy.html?utm_source=HP

Copyright 2008 by Randy Glasbergen.
www.glasbergen.com

