12 Happiness Activities

Sonja Lyubomirsky,
via Steve Gilbert, *Win Your Day!

1. Expressing Gratitude
2. Cultivating Optimism
3. Avoiding Overthinking and Social Comparison
4. Practicing Acts of Kindness
5. Nurturing Social Relationships
6. Developing Strategies for Coping
7. Learning to Forgive
8. Increasing Flow Experiences
9. Savoring Life’s Joys
10. Committing to Your Goals
11. Practicing Religion and Spirituality
12. Taking Care of Your Body

Today, take a look at the list and see how you can incorporate some of these activities into your daily life.