

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.