

# *How to become the happy person you are meant to be:*

## **Foremost, engage in those things that make you feel happy.**

- Surround yourself with positive, upbeat friends.
- Keep a gratitude journal to remind yourself of how grateful you are.
- Set an intention and then follow through.
- Stop reading negative, upsetting news online.
- Go outside and be in nature.
- Learn to say no and mean it.
- Watch some funny tv shows that make you laugh.
- Get engrossed in a good book.
- Help someone else. Make a donation of time, money or items you don't need.
- Read an inspiring quote every day or say positive affirmations.
- Stop comparing yourself to other people.
- Learn to accept your body and love yourself just the way you are!
- Forgive others and move on by not dwelling on the past.
- Take a day off and do only the things you love to do.
- Have a tea party and invite some friends over.
- Be mindful, slow down, and notice the little things in life.
- Beautify your surroundings with colorful, uplifting art or a fragrant bouquet of flowers.
- Ask for a hug and give a hug to someone else.
- Spend time with a pet and care for them.
- Spread kindness by doing something nice for someone like buying them flowers or doing a chore they don't like doing.
- Take a new class, or try something you've never done before.
- Look in the mirror everyday and tell yourself how much you love and appreciate yourself.
- Engage in a hobby you love such as writing, music, painting, sewing, photography or hiking.
- Take things lightly and laugh often!
- \* Go for a massage or have a spa day at home.
- Have the courage to find out the truth.
- Exercise and get the body moving!
- Listen to your favorite songs.
- Indulge yourself in something you've always wanted to do or have.
- Bite into that piece of dark chocolate you've been craving.
- Practice meditation.
- Chant "Sat nam". Learn about this powerful mantra used in practicing Kundalini Yoga at <https://www.yogajournal.com/yoga-101/kundalini-yoga-sat-nam-meaning>
- Claim adventure.
- Spend some quiet time with yourself, reflecting on good things and being grateful.

Repeat this affirmation every day:

***I am supported by what I love. I live in abundance.  
I feel peace and happiness flowing effortlessly in my life.***