

# 51 Ways To Feel Happy

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Have you had your happy fix today? Here are some simple ideas for making you feel happier right now. They should show you how you can make easily yourself feel happier anytime and anywhere. Try adding more ideas of your own and then get in the habit of using them regularly.

Most of all have fun getting your daily dose of happiness, because life's too short to be miserable.

1. Smile.
2. Use your brain: try a crossword or sudoku.
3. Talk to someone who makes you laugh.
4. Do something you've always enjoyed.
5. Do something you've always wanted to try.
6. Learn something new.
7. Smell something that makes you happy.
8. Reward yourself for your good habits.
9. Eat something that makes you happy.
10. Spend time with a good friend.
11. Explore touch: stroke a pet, velvet or tree bark.
12. Don't worry now, worry later.
13. Say, or sing, something that makes you happy.
14. Acknowledge your feelings.
15. Watch the clouds and birds.
16. Take a small step towards your goal.
17. Talk to a stranger.
18. Tell someone you love them.
19. Do a good deed.
20. Be grateful for life.
21. Face your fears.
22. Read a book or quote you love.
23. Get outside and breathe deeply.
24. Spend time with inspiring people.
25. Clear out your junk, literally.
27. Dwell on positive things from the past.
28. Be creative.
29. Dare yourself and do it.
30. Give someone a surprise gift.
31. Break your habits, do something spontaneous.
32. Watch the sunset.
33. Get up for sunrise.
34. Make a good choice.
35. Be active.
36. Plan for success.
37. Eat something healthy.
38. Trust your instincts.
39. Go on a journey, long or short.
40. Throw a party, or plan one.
41. Write a poem.
42. Write stuff down, keep a diary.
43. Set a new goal.
44. Clean your bedroom.
45. Say no.
46. Be alone.
47. Devote a day to family.
48. Call someone you haven't spoken to for ages.
49. Wear your favourite outfit.
50. Forgive someone, start with yourself.
51. Choose to be happy every day.



A happy Ni-Vanuatu man