



11 Habits of the Happiest People

1. Be deliberately optimistic
2. Prioritize mindfully
3. Keep joyful resources on hand for instant uplift
4. Put yourself first
5. Be a prolific seeker of things that serve you and bring joy
6. Don't make things personal
7. Examine the worst that can happen
- it's usually not as bad as we might think
8. Practice loving kindness (especially toward you)
9. Be highly aware of your energy
10. Let life move you
11. Be aware of the media you're consuming
- stick to things that inspire, serve, and uplift