

Happiness is a lot less about who you are and a whole lot more about how you live your life. Simply choose to be happy! Here are a few tools that will help you along the way.

Spend time with healthy people: We attract what we are. If you would like to be healthier hang out with others that have healthy habits. They will rub off on you.

Surround yourself with positive people: Who do you hang with? Are they supporting and moving you closer to your goal? Positive people will! Stay away from naysayers and spend more time with positive influences.

Embrace: Get a hug or kiss from someone you care about every day.

Practice random acts of kindness: Feel better about yourself and make someone else feel good by doing something nice.

Stay positive: When you think positive, you will be positive! It all comes down to perspective. In every situation there is a positive approach. Choose to be positive.

Never forget to smile! Smiles are contagious and they improve your mood. People respond to smiles with friendliness and generosity, which could turn your whole day around. Smiles even work during telephone conversations, where they can be heard clear as day by whomever you're speaking with.



Be grateful: By taking time once a week to write down all the things you're thankful for you will increase your happiness. If you don't want to journal, simply take a few minutes during your morning routine to remind yourself of all the wonderful things in your life.

Stay connected to your community: Pick up the local newspaper and find out what's happening. We are all the same and would love to create more of a network within our neighbours. People who feel connected to where they live are happier than people who are isolated.

Lend a helping hand: It feels good to help others. People of all ages who volunteer are happier and experience better physical health and less depression than people who don't.

*Live less out of habit and
more out of intent.*