



21 Happiness Habits

THE FOUNDATION:

Take Ownership of Your Happiness

1. Focus on Solutions
2. Look for the Lesson and the Gift
3. Make Peace with Yourself

THE PILLAR OF THE MIND:

Don't Believe Everything You Think

4. Question Your Thoughts
5. Go Beyond the Mind and Let Go
6. Incline Your Mind Toward Joy

THE PILLAR OF THE HEART:

Let Love Lead

7. Focus on Gratitude
8. Practice Forgiveness
9. Spread Loving Kindness

THE PILLAR OF THE BODY:

Make Your Cells Happy

10. Nourish Your Body
11. Energize Your Body
12. Tune In to Your Body's Wisdom

THE PILLAR OF THE SOUL:

Plug Yourself In To Spirit

13. Invite Connection with Your Higher Power
14. Listen to Your Inner Voice
15. Trust Life's Unfolding

THE ROOF:

Live a Life Inspired by Purpose

16. Find Your Passion
17. Follow the Inspiration of the Moment
18. Contribute to Something Greater than Yourself

THE GARDEN:

Cultivate Nourishing Relationships

19. Tend to Your Relationships
20. Surround Yourself with Support
21. See the World as Your Family

