Happy for No Reason: 7 Steps to Being Happy from the Inside Out by Marci Shimoff



# **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:

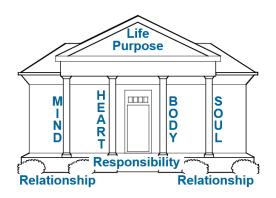
Live a Life Inspired by Purpose

- 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



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