10 Simple Things That Will Make You Happier

1. Exercise more – 7 minutes might be enough
2. Sleep more – you’ll be less sensitive to negative emotions
3. Move closer to work – a short commute is worth more than a big house
4. Spend time with friends and family – don’t regret it on your deathbed
5. Go outside – happiness is maximized at 13.9°C (57°F)
6. Help others – 100 hours a year is the magical number
7. Practice smiling – it can alleviate pain
8. Plan a trip – but don’t take one
9. Meditate – rewire your brain for happiness
10. Practice gratitude – increase both happiness and life satisfaction

Source and for full article visit http://higherperspective.com/2015/01/happy.html?utm_source=HP

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