

12 HABITS OF HAPPY PEOPLE



Do you prefer to be around someone who is joyful? Your friends probably do. Learn twelve habits that cheerful, positive people develop and cherish, such that they are happy.

1. **Act cheerful** – even if you don't feel happy. A smile begets the smiles of others which makes a lightened happy heart and pleasant company.
2. Enjoy the **moment**. Happiness is seeing the wonder and recognising the special things that are happening every moment. Smell the roses, 'talk' to a **tree** – delight in its grandeur or uniqueness.
3. **Get outside**. Is it daytime? Step outside and look at the sky and clouds. Is it nighttime? Check out the stars and the moon. Are you in NZ? Are you remembering a vacation there? Is it raining? Put your hand out of the window to feel the raindrops on your fingertips. Embrace the cold?
4. Take control of your **time**. Set little goals for each day.
5. Take regular **exercise** – proven to be as effective in treating depression as medication.
6. **Get rest**. Take it easy, learn how to relax and let go. Allow time for enough sleep and time out to recharge your batteries.
7. **Whistle** or sing a silly tune! Or a rousing fanfare. Listen to uplifting music. Turn off the ratrace ☺ !
8. Pat your **pet**... your neighbour's pet... the pet at the pet shop...
9. Feed your **soul** – with a good book, an inspiring read or do some 'positive surfing' on the web – Keywords: happy, joy, blessing, contentment, fun. Let go of judgement, resentment and unforgiveness. Don't worry... *I know*... be happy!
10. Make time for and invest in close nurturing **relationships**. Call a friend or family member or get together for a coffee.
11. **Get out** of a rut. Change something. Go somewhere new. Go to the country or the beach and feel the sand between your toes. If you cant go just imagine it and you will smile!
12. Finally ... Do you want to be happy? Whatever you give you will yourself receive, so **give what you would like to receive**. If you want to be happy, do something for someone else that makes them happy and **you** will be happy.

Being cheerful **is** the norm. Emotional and spiritual wounds prevent us from being cheerful. It is not so much circumstances but how we respond to those circumstances. Like adopting any habit, you have to believe it is your best interests. Then you need to place yourself in a non-threatening environment - even a difficult one - whilst you become whatever you are planning to be. Then practice your commitment and relax and let it unfold. You may want to read our declarations on the About Us >> Our Mission page.

Next Steps:

- 1) **Congratulate yourself** for taking time to consider your happiness. We hope it has benefited you.
- 2) Like all Tools, it is only effective when put into practice! To begin, just **spend 5-10 minutes to reflect** of ways you might implement this into your day to day routines.
- 3) Over the next day or two, realize it by creating **an action point** / goal you want achieved.
- 4) The next step is to **share your** Learning, Insights and Intentions on the MIP Forum. Log in to <http://www.miprofessionals.com.au>.
- 5) Our experience shows that YOUR forward movement is greatly increased as you post on YOUR Forum using our I-M-P-A-C-T approach:

I = Issues I am facing

M = My to do list right now

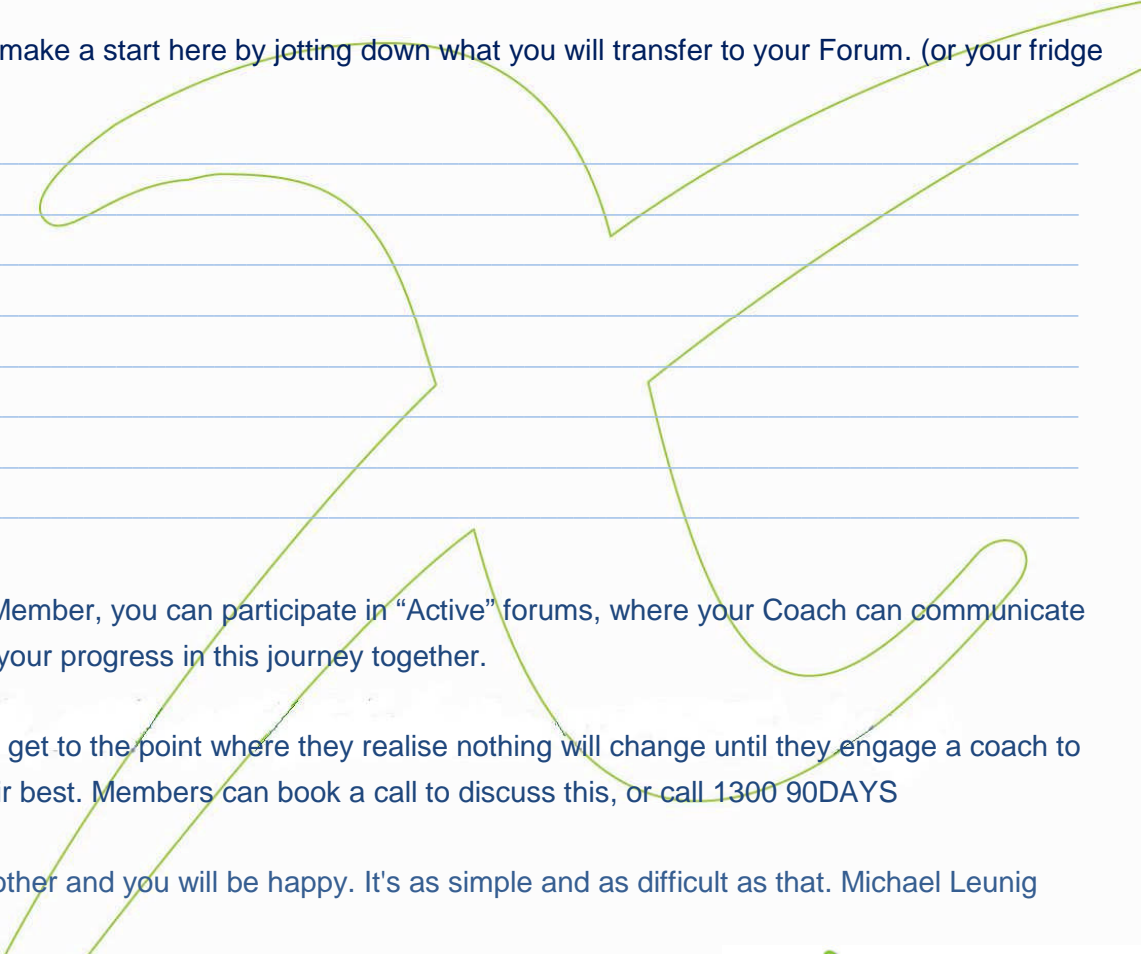
P = Plans to implement in the next one to three months

A = Attitudes right now; what I am feeling

C = Clarity needed on some issues

T = Thankfulness to those who have helped me to becoming a better person

You might like to make a start here by jotting down what you will transfer to your Forum. (or your fridge magnet☺)



A large green outline of a person with arms raised, standing on a set of horizontal blue lines, suggesting a space for writing or drawing.

- 6) If you are a Member, you can participate in “Active” forums, where your Coach can communicate and monitor your progress in this journey together.
- 7) Many people get to the point where they realise nothing will change until they engage a coach to bring out their best. Members can book a call to discuss this, or call 1300 90DAYS

Love one another and you will be happy. It's as simple and as difficult as that. Michael Leunig