

Happiness Strategies

- a healthy lifestyle
- freedom
- good friends
- a loving family
- focus on gratitude
- being creative
- experiencing “flow”
- giving back
- having a sense of purpose
- faith
- confidence
- a job that you love
- contentment
- free time
- a lazy morning
- going to a movie
- buttered popcorn
- a good book
- great music
- laughter
- pets
- accomplishing a goal
- financial security
- good health insurance
- sports
- enjoying nature
- a good education
- a vacation
- being able to afford to retire
- trying something new
- having peace of mind
- volunteering
- being spontaneous
- pursuing hobbies
- going on an adventure
- a home you love
- a garden
- an outdoor concert
- simplifying your life
- becoming less materialistic
- meditation
- solitude
- rich conversation