

HABITS OF HAPPINESS

According to Martin Seligman, aka the father of positive psychology, 60% of our happiness is predetermined by our genetics and environment, while the remaining 40% is up to us. Generally happy individuals have certain inclinations and habits that add to their sense of purpose and help motivate them to make the most of each day. Try adopting the below habits—one at a time, a few weeks at a time over the next year—into your daily routine, then notice how even though your problems don't disappear, your focus on the path to happiness is a little more clear.

1. Put more energy into contributing to the world from your strengths rather than into overcoming weaknesses.
2. Build an exercise routine (or any positive routine) by starting small, letting motivation grow from consistent but unobjectionably small actions.
3. Invest in learning and practicing the skills of friendship: making and receiving bids; managing conflict with calm, curiosity, and compassion; celebrating success; and making room for individual differences.
4. Regularly generate and express feelings of gratitude.
5. Take the risk to do important things, even when it means doing them badly at first.
6. Help someone else every day.
7. Make time to enjoy little pleasures that don't take a lot of money, buy experiences more than things, and spend money on others.