

# Habits For Happiness

By practicing these qualities in your everyday life, you can be more peaceful and happy.

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1. Let go of grudges
2. Treat everyone with kindness
3. Regard your problems as challenges
4. Express gratitude for what you have
5. Dream big
6. Don't sweat the small stuff
7. Speak well of others
8. Avoid making excuses
9. Live in the present
10. Wake up at the same time every morning
11. Don't compare yourself to others
12. Surround yourself with positive people
13. Realize you don't need others' approval
14. Take time to listen
15. Nurture social relationships
16. Meditate
17. Eat nourishing food
18. Exercise
19. Live minimally
20. Be honest
21. Establish personal control
22. Accept what cannot be changed



**UPRIGHT MOVEMENT**  
Defy Gravity