

Want to Be Happier?

Stop Doing These Three Things

Sometimes the route to happiness – both personal and professional – depends more on subtraction than on addition. Inc.com columnist Jeff Haden maintains that life is rosier once you cut out the following:

1. Blaming

Taking responsibility when things go wrong instead of blaming others isn't masochistic; it's empowering. Doing so allows you to focus better or smarter next time. And when you get better or smarter, you also get happier.

2. Bragging

Genuine relationships make you happier, but such relationships are formed only when you stop trying to impress other people and start being yourself.

3. Whining

Complaining about your problems makes you feel worse, not better. If something is wrong, don't waste time whining. Put that effort into making the situation better.

