



The Seven Steps to Achieving Happiness in 2018

From the desk of positive psychology

The last year is over and 2018 is upon us. What are you going to be doing this year or who are you going to be to bring yourself happiness? Although life can appear to be difficult for some more than others there are many simple steps that you can take every day to bring about happiness.

1. Get clarity & get control

Design the life you want to live. Set clear goals for 2008. Goals that are; specific, measurable, actionable, realistic & time specific (SMART)

2. Get healthy

It's hard to be happy if you're sick & tired all the time. Take a good hard look at yourself - are you as healthy as you can be right now?

3. Get positive

Learn to be optimistic in your thinking. It is a behaviour that can be learned. Decide how you want to see the world!

4. Get together

Life is more fun if you play it with others! Foster and develop great relationships, do great things, be likeable and be grateful.

5. Get strong

Find out what your strengths are and work towards those.

6. Get happy now!

Become more aware of the here and now. Stop projecting into the future and lamenting over the past. You can choose to be happy right now!

7. Get off the couch!

Happiness is not a spectator sport! Get up and get into it right now. There is no better time than the present.

Authentic Happiness

"You're happiest while you are making the greatest contribution"

Robert F. Kennedy