

### Activity 7.3: Ways to Maintain Happiness<sup>33 34</sup>

Use this activity after Activity 7.1 to develop an initial plan for greater happiness.

For reasons of cost, time, guilt, energy, or just being out of balance, some of us feel we are living monotonous lives without much fun, getting little enjoyment from life: this makes us dull and leads to burn out. Additionally, we are all different: guys and gals, young and old. What makes you happy is not necessarily what makes others happy. In the following activity you are encouraged to define five personal “happy strategies” and to consider which, if any, you want to try in the next week.

**Part I.** Check off ideas that could help you maintain happiness or positivity, then rank your top five

- Accept that you are human: “I am not perfect; no one is.”
- Be consistently kind, polite, honest and responsible.
- Be yourself; celebrate your individuality in your dress, hair, music, and surroundings.
- Carve out time to pray or meditate with deep breathing. Focus on positivity and gratitude.
- Commit to be positive every day in order to make the most of the day.
- Do things you are good at. Maximize your strengths.
- Enjoy the stars, sunrise, or sunset on a regular basis.
- Find your happy place. Instill this place with sights, sounds, smells, textures, and your feeling when you are there in your mind so you can recall it anywhere at any time. Visit it regularly.
- Be inspired. Surround yourself with positive scents, sounds, and sayings.
- Get dirty! Visit a park, mountain, lake, stream, or coastline.
- Get rid of rotten eggs. Stop the insanity! If something is really a problem, consider whether you can change it. It has to change or you have to change. If changing your perspective can’t work, and all other previous solutions have not worked, then you must try another approach.
- Laugh. Dance. Sing in the car or shower. Watch a comedy.
- Look good; feel good. Just don’t get excessive about having to spend a lot of time or money looking perfect. Make the most of your natural features, tone, and body shape.
- Play in the water, dirt, sand, rain, or ice. Hike. Go fishing, surfing, kayaking, skiing, or skating.
- Relax. Take a relaxing bath. Get a foot rub or massage. Sit by the fire. Read a good book.
- Smile. Hug more.<sup>35</sup> Give and receive the affection you need.
- Take a risk. Get out of your rut. Do something (legal) you’ve never done before
- Take care of yourself. Drink and eat well. Get the rest and exercise you deserve.
- Unconditionally accept your emotions and feelings.
- Unearth your passion; enjoy a hobby more often.
- Vacate. Commit to a couple of hours of fun each weekend (or when you don’t work)
- Work to resolve your own problems so you become more empowered and confident

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<sup>33</sup> M. Tartakovsky, “15 Tips to Boost Your Well-being and Happiness,” *Psych Central* (2013), retrieved on June 8, 2016, at <http://psychcentral.com/lib/15-tips-to-boost-your-well-being-and-happiness/>

<sup>34</sup> R. Sasson, “The Power of a Positive Attitude Can Change Your Life,” 2015, retrieved from [http://www.successconsciousness.com/positive\\_attitude.htm](http://www.successconsciousness.com/positive_attitude.htm).