

tips
for **achieving happiness!**



This simple tip sheet has been developed to help remind you and help you to practice the types of behaviours used by happy people.

Happy people...

- Set specific, measurable and achievable goals and review them on a regular basis
- Eat well and exercise regularly
- Ensure they get enough sleep and rest
- Are mindful of their good experiences and meditate
- Think optimistically
- Build positive relationships with friends and family
- Are likeable and nice
- Find ways to utilise their strengths every single day
- Set themselves meaningful challenges
- Vary their routines
- Practice appreciation and gratitude
- Have fun!

Practising these few simple habits can assist you with achieving a greater sense of well-being and happiness! So start practising now and begin to experience more positive emotions in your life.

for assistance with improving your wellbeing contact:

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