

The 7 Habits of Highly Happy People

In general, research shows that some of the happiest people follow some or all of the seven habits below. Try incorporating some of these into your lifestyle to begin living a happier life today!



1. They Practice Mindfulness.

Happy people embrace the present, experiencing every joyful moment as it is unfolding before them.



2. They Practice Gratitude.

Happy people appreciate, love, and are grateful for what they do have, not what they are missing or wish they had.



3. They Practice Good Self-Care.

Happy people listen to their body's needs. They eat well, exercise often, and get enough sleep.



4. They Give Back.

Happy people give back to others, creating a positive feedback loop of generosity.



5. They Practice Authenticity.

Happy people have the courage to be their most authentic selves, staying open, allowing them to experience a true connection with others.



6. They Are Selflessly Social.

Happy people make their friends, family, and social connections a priority by regularly connecting and engaging with them.



7. They Have A Sense Of Purpose.

Happy people pursue activities, careers, and work that aligns with their natural strengths and passions, finding meaning in their work.