

THE KEY TO HAPPINESS & FULFILMENT

Have someone to love

Something to do

Something to look forward to

"Happiness = when what you think, what you say and what you do are in alignment..." (Gandhi)

Make GOOD friends

Actively express thankfulness

Actively pursue your goals

Do what you excel at as often as you can

Give!

Don't single-mindedly chase "stuff"

Live the life YOU want to live

NEUROSCIENCE

4 RITUALS TO MAKE YOU HAPPY

1) The most important question to ask when you are down.

What am I grateful for?

You may feel guilt or shame however these feelings activate your brains reward centre.

2) LABEL NEGATIVE FEELINGS

Jealous, anxious, alone, left out, forgotten,

Don't SUPPRESS them!

3) MAKE THAT DECISION

Your brain will rest.

You will have less worry and anxiety.

Making decisions changes your perceptions of the world.

Make a "good enough" decision. Trying to make a perfect decision will feel overwhelming and out of control.

4) TOUCH PEOPLE

It makes your brain feel love and acceptance.

Without touch you feel ACTUAL pain!

Relationships are very important to your brains feeling of happiness.

Touching is incredibly beneficial.

We just don't give it enough credit.