

12 ways to increase your happiness quotient

A monthly tips sheet by The Five Percent for Get Bullish



1. **Share your lunch break** with a close friend: spend time out of the office with someone you care about.
2. Pretend **today is going to be great**. We often feel because of the way we act, not the other way round.
3. **Slow down**: stop and take a breath. Look for ways to adopt a more humane pace.
4. Do, watch, or listen to something that makes you **laugh**.
5. Give out compliments: give **sincere praise** whenever you can.
6. **Disconnect** from the world for a little while: shut off your electronics, phone, computer and television.
7. **Create** something, just for the enjoyment of creating.
8. Make your **home a haven**: a place where you can take a breath and really relax.
9. Take a **deep breathing break** every hour: take a deep breath, and another, and another.
10. Start **replacing your worries with positive actions**: keep dreaming and doing.
11. **Stop comparing** yourself to other people: you're not in their shoes. Focus on *your* life and where you want to go.
12. **Measure your progress (no matter how small)**. We get there a little at a time, not all at once. You may not be where you want to be yet, but look how far you've come.

[And remember: you can't be happy unless you're unhappy sometimes too. Light needs darkness to be light.]



www.getbullish.com
info@getbullish.com



www.thefivepercent.net
claire@thefivepercent.net