

LifeWise™ Tips

HAPPINESS HABITS – A Daily *To DELIGHT* List

- #1 JUMP START the day in a positive way by...
- Giving thanks upon awakening for the gift of this day
 - Envisioning in advance how you want your day to go / what good things might happen
 - Reading a positive thought. Some good *daily thought* books include:
 - Saying Yes to Change by Joan Borysenko and Gordon Dveiriin
 - A Deep Breath of Life by Alan Cohen
 - The Book of Awakening by Mark Nepo
- #2 EXPLORE ENCHANTING ENDINGS
- DAILY – Keep a journal of 3 good things / the 3 best things that happened that day
 - WEEKLY – On the same day each week write in a Gratitude Journal very specific things you are grateful for that happened during the week.
 - Identify and make note of ACCOMPLISHMENTS – daily, weekly, or monthly.
- #3 MAKE TERRIFIC TRANSITIONS
- Practice leaving the office behind
 - Have a transition routine – music, a call to a friend, a good book on tape for the drive home
- #4 TAKE TIME FOR JOY by scheduling time during the day for play and pleasure practices. Use a pink (for pampering) pen or highlighter so that your date with yourself stands out in your calendar.
- #5 MAKE TIME FOR CONNECTION with friends and family and, perhaps, use the time as an opportunity to express what you appreciate about them.
- #6 KEEP THINGS FRESH- Avoid hedonic adaptation by continually trying new things, experimenting and exploring new possibilities.
- #7 BUILD YOUR OPTIMISM MUSCLE so that optimism can become a more natural way of thinking.
- Keep a *Best Possible Selves* Diary** – how you expect your life to be 1, 5, and/or 10 years from now
 - Write down *Goals and Sub-Goals***– develop hopeful thinking by identifying long-range goals and breaking them up into doable sub-goals
 - Identify barrier thoughts** – automatic pessimistic thoughts - and ask “*What evidence do I have that this is really true?*” and “*What is a more optimistic alternative way of thinking?*”
 - Build Compelling Evidence for Positive Possibilities** - First, recognize and appreciate the strengths and resources that you already have. Second, recall times in the past when you have felt successful and talk about them.