

## 15 Habits That Guarantee You're On The Road To Happiness

*"Happiness is not something ready made. It comes from your own actions."*  
The Dalai Lama

We all want to be joyful, and we do our best to move along the road to happiness (though exhaustion, overload and perplexity nastily put spokes in our wheels).

The following checklist, therefore, illustrates which great happiness–habits you blissfully have by now, and which ones you undoubtedly want to adopt, mentally, emotionally and physically.

Do you:

### Mentally

- Pay attention to what brings you joy, and change what doesn't
- Apply positive thinking and gratefulness
- Pursue inspiration in people's creations and in new experiences
- Compare your growth to your past, not to others
- Mindfully focus on what matters to you most

### Emotionally

- Spend enough time with your loved ones
- Practice a creative, pleasing occupation
- Give of yourself to the world
- Learn to transform difficult emotions into peaceful ones
- Dedicate daily time for relaxation

### Physically

- Eat tasty, healthy food, according to your genuine hunger
- Sleep enough
- Live in a pleasant home, and spend time in nature
- Practice an enjoyable physical activity
- Laugh a lot

[How2BHappy.com](http://How2BHappy.com) helps us learn entertainingly about these marvelous happiness-habits, making it easier to acquire them and become peaceful, blissful and cheerful.

Have Fun!