

Seven Simple Steps for a Happier You

The happier version of yourself is just waiting to be discovered.

Ever hear the phrase, happiness is a choice in the moment? While this is perfectly true, and can be an empowering mindset, it doesn't claim to offer a quick-fix solution.

Realising that happiness is a choice in the moment is a process in itself, and becoming that happier version of yourself takes awareness and commitment. It also involves embracing change and incorporating new habits into your life. The results are definitely worth it in the end, as a happier you will have a positive knock-on effect on all aspects of your life, including:

- Your mental wellbeing
- Your relationships
- Your career
- Your physical health

While there isn't a secret to happiness, being happy is the meaning and purpose of life, and can easily be achieved if you incorporate the following steps and practices into your life.

1. Practice the Law of Attraction.

The law of attraction is a popular trend in the wellness world at the moment - however, it's definitely [more than a passing fad](#). Practicing manifestation and the law of attraction can bring you several huge steps closer to realising your dream life and being a happier person. By consciously focusing on our goals, we are more likely to bring our visions to reality, and to lead a more fulfilled and happy life.

Meditation is also important if you want to successfully practice the law of attraction, as it calms the mind and allows us to gain perspective on unnecessary worries which otherwise just drain our happiness.

2. Be Grateful.

Gratitude can brighten our outlook and [lead to happiness](#) by shedding light on the valuable, positive and important things we already have in our lives. A useful exercise is to either start or end your day by listing out several things which you are grateful for. If you pause to think about it, you'll be surprised by how many things which will spring to mind.

Even more surprising is how simple these things often are. Whether it's family, health, a friend, or just the ability to have access to good quality food everyday - once you have outlined and identified what you are grateful for in life, you realise that constantly searching for more sources of happiness is fruitless and a waste of energy. Many people find that they are unhappy because they feel they lack certain things in their life, but by recognising and being grateful for what you already have, you will instantly feel more fulfilled and satisfied.

3. Think Positive.

According to a study carried out by the National Science Foundation, [80% of our thoughts are negative](#). Considering we have approximately 12,000 - 50,000 thoughts a day, that adds up to a significant amount of negative thinking flitting through our brains, which can negatively impact our mood, happiness, and outlook on life.

The first step towards more positive thinking is being able to identify a negative thought when it crosses your mind. Of course, it is completely normal to experience negative thoughts, but it is entirely within our control how we choose to act upon and respond to them. Once you are able to separate yourself from a negative thought, you can then distance yourself from it and choose to turn it into a positive one.

4. Focus on Your Passions.

Although the principles of yoga and spirituality aren't for everyone, it's true that if your "chakras" are out of line, you're more likely to feel unhappy. Taking the step to make sure your chakras are aligned is a sure way to happiness, especially if you focus on [spending more time on your creative passions](#).

Whether your creativity takes the form of art, writing, photography, or even sport, if you dedicate even one hour of your day to your hobbies, your mood will lift significantly. It's sometimes difficult to pay attention to our passions while we are so busy with work and life commitments, but for your own happiness, it's worth the time investment. You could even try taking up a new hobby or skill!

5. Be Optimistic.

According to neuroscientists, [optimism leads to greater happiness](#). Optimistic people are more likely to be happy because optimism is known to improve our ability to think, respond rationally, and engage with others around us. Optimists are much more likely to thrive socially, as no one enjoys pessimistic energy. This will bring more like-minded, equally optimistic people into your life, which will further boost your happiness.

Being optimistic will improve your mood, both immediately and in the long run, which is important for mental health and clarity.

6. Change your Habits.

Do you have any bad habits which could be affecting your happiness? Incorporating positive and worthwhile habits and routines into our lives can be extremely beneficial. Even simple acts like making the bed in the morning, or eating a daily healthy breakfast, can boost our sense of productivity and organisation.

Sometimes we don't realise how constantly rushing through life without following some pattern of healthy rituals can negatively impact our daily happiness. Replacing bad habits with new ones can make us feel proud and accomplished, which is a sure path to a happier self.

7. Practice Self-Care.

Sometimes the best thing we can do for our mental and physical wellbeing, is to relax and take a break. As staying healthy is absolutely necessary to happiness, it's important to take time for self-care and down-time. This doesn't mean that we're slacking on work, or not using our time wisely. In fact, it's the opposite, as no one can function to their full ability without recharging the batteries. Unplugging from social media and technology can also really enhance the quality of our designated self-care time.

So enjoy your Netflix hours, prioritise that bubble bath, take a stroll in your local park, relax with a glass of wine on the couch, and smile!