

Different methods are better fit for different people when it comes to being happy. Some might find keeping a daily gratitude journal sentimental, but others might find writing a letter of gratitude more meaningful. Timing and doses also matter. Performing five acts of kindness on one day, yielded a significant increase in well-being, while acts of kindness on different days did not. Regardless of whichever method, to sustain happiness, one has to make the effort and commitment every day for the rest of his life.

Topic : Happy

Main Idea : Different people have different ways to being happy.

Details : 1. Some might find keeping a daily gratitude journal sentimental.  
2. Some might find writing a letter of gratitude more meaningful.