Tiny things do matter

       Speaking of happiness, the scenes of receiving career commitment awards, winning competitions, or achieving outstanding academic results would probably conjure up in our heads. All these indeed make us feel satisfied and even overwhelmed. After all, these bulk achievements are just creating fleeing moments of happiness. To reach the consistent state of contentment, we have to pay more attention to the little things happening in our lives.

         When you pay attention to tiny decent events, your mood can be altered, and hence keeping us contented. For instance, events as minor as having a coffee shop barista spelling your name correctly can enhance your humour for the day (since they often misspell customers’ names). It is significant to have gratitude towards every tiny fortune and appreciate the small details happening in your everyday life that you often take for granted. Besides, misfortunes in life are inevitable, yet a positive mind-set can be developed to help you look at the unpleasant affairs while focusing on the brighter side. With positivity and thankfulness developed, you will rarely consider yourself as hapless; it can definitely help you regulate your emotions.

         You might wonder: What can be done to create pleasant moments in life? Here are some little actions I would take to gain a sense of satisfaction which improves my state of mind. I would try to go to bed at least half an hour earlier than my usual schedule from time to time. Once I finish my work of the day, I would try my best to fit into the ideal bedtime schedule. If I succeed, I will feel so refreshed and satisfied the next morning. Notably for school days, I’ll feel energetic and have extra motivation to study. In addition, another seemingly minor yet essential procedure is to have breakfast. It isn’t necessary to be a substantial one, but having a small bun or a few spoons of congee is already adequate enough to become a mental support. It makes me feel that I can acquire knowledge more effectively in lessons. These little tips mentioned above were just procedures that are effortless to do, yet they can make me so contented eventually. They are very worthwhile doing.

         To have more gratitude towards minute life issues, you can spend five to ten minutes before bed to recall every small moment or actions you tried to take that you appreciate. You are also advised to write a gratitude journal. You can type it out on a gratitude journal app or diary app to records details of the day if you find writing on conventional diaries time-consuming.  You will gradually realise there are many minute events in life that seem to be negligible, but in fact, they matter a whole lot more than you thought. It will be gratifying to read all the small issues accumulated.

        To conclude, little things in life may sound trivial and inessential, but they really are far from that. You should bear this in mind: Tiny events can still bring you to the paramount of contentment. If you often find yourself in dismay, this might be a good method to get rid of frustration.