

HOW TO FIND HAPPINESS

STOP CHASING HAPPINESS

THIS PRACTICE MAKES HAPPINESS A REWARD, RATHER THAN AN EMOTION THAT IS DESERVED TO BE FELT ON A DAY-TO-DAY BASIS

BUILD YOUR SELF ESTEEM

OFTEN, INTERNAL PROBLEMS CAN REDUCE SELF-ESTEEM, SO IT MAY BE WORTH SPENDING SOME TIME LOOKING AFTER YOURSELF.

TAKE TIME TO APPRECIATE YOURSELF

THE FINAL STEP IS TO TAKE TIME IN APPRECIATING YOURSELF. APPRECIATE YOUR WORK, YOUR LIFE, AND YOUR ACCOMPLISHMENTS.