



## Introduction

This e-Book is based on Dr. Sharp's popular publication "The Happiness Handbook". Each of the tips listed here is described in more detail in this book,

### Tip 1

**Make happiness a priority.** If happiness is not at the top of your list then other things will take precedence. If other things take precedence, they may well interfere with your efforts to feel good.

### Tip 2

**Make plans to be happy.** Those who fail to plan, plan to fail. Just like in any other life domain, the successful pursuit of happiness requires planning.

### Tip 3

**Set happy goals.** Following on from Tip 2, planning requires effective goal setting. And don't forget to make sure your goals are SMART (specific, measurable, achievable, relevant and timed).

### Tip 4

**Do things that make you happy.** Although this sounds obvious, many people simply forget to do things from which they gain pleasure. And do them as often as possible.



### Tip 9

**Be curious.** Constantly search for new ways to be happy. Keep a look out for new ways to approach life









**The Happiness Handbook:**  
strategies for a happy life

Find out more about how to be happy in Dr. Sharp's  
**"The Happiness Handbook"**





And finally, The Happiness Institute also offers the followingj

Š A free eNewsletter that includes helpful tips,