

PSYCHOLOGY OF HAPPINESS

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PERSONAL MENTAL STRATEGIES

Change your perspective to increase well-being.

1. **Simplify your decisions:** When making choices, avoid closely surveying every available option in order to find “the best.” Instead, determine what would be “good enough” and pick the option that meets this standard.
2. **Smile!** Find opportunities to put on a genuine smile throughout the day as a way of boosting your mood.
3. **Prioritize happiness:** set your priorities on living a life that will make you happy instead of a life that emphasizes other goals that get in the way of happiness.
4. **Practice mindfulness:** During your everyday activities, focus on the present moment and whatever you are doing in that moment.