Do you want to live a happy life? If you say yes like most people do, then it’s important to learn to enjoy life. Some people may think that they can only enjoy life when they already have a lot of money or have a successful career. But that’s not true. You can enjoy your life where you are with what you already have. You can enjoy your life *now*. Enjoy life is a mindset not based on the circumstance.

**Enjoy Every Day**

We choose to enjoy every day. I wake up early at 5am because I am excited about the day ahead, and throughout the day I try to maintain a positive attitude. Your facial expression is traditionally thought of as a window into how you feel, but it's also thought that your facial expression can *influence* your mood. You might even want to greet yourself in the mirror with a smile first thing in the morning––that happy face may be just enough to keep that mood flowing all day long.

[Yes, sometimes “shit happens” and I don’t have a good day. But I figure if I at least try to have fun and be happy there is a good chance I will enjoy myself.]

**Do what you love:**

This should be your ultimate career goal. I know it’s easier said than done, but just remember it is possible.

**Learn.** There is a strong link between learning and happiness. Given this, there is no excuse not to be stimulating your brain and learning something new each day. Ex when you drive, listen Audiobooks and podcasts.

[**Eat healthy**](http://www.wikihow.com/Eat-Healthy). taking the time to cook fresh foods for yourself gives you an emotional boost: it smells good, it looks good, it tastes good, and, when you become proficient at cooking, it can even provide a fun, creative break from your routine cooking is also good for your wallet. Nobody feels happy when they’re sick. Even doing something as simple as taking a vitamin with vitamins C, E, and A, selenium, and beta Carotene might help to boost your immunity.[[9]](http://www.wikihow.com/Enjoy-Life#_note-8) More usefully though, eating good food such as fruit, vegetables, grains..

**Laugh.** Never be too busy to laugh, or too serious to smile. [Need more info]

**Connect With Nature**. Nature is an amazing healer for the stresses and strains of modern life. Eating lunch in the park, attending to a vegetable garden in your backyard, or watching the sunset are just a few simple ideas for how you can enjoy the outdoors on a daily basis.

**Appreciate Beauty**. Each day we come across beauty in a number of shapes and formsI suggest looking again at the people, plants, gadgets, and buildings (to name but a few examples) around you and taking a moment to appreciate what makes them so special.

**More quality time**

Life is fast today, and the time for relaxing just doesn’t exist unless you’re a god of multitasking.

But even in these hectic times, pause your life and step aside if you want to enjoy life. Spend your weekend relaxing or talking with your loved ones. Time passes by too quickly, and before you know it, you may be old and lost without any memories other than counting money.

**Get into music**.

Listening to music taps into your brain’s imagination and sense of self-identity, boosts your self-esteem, and lessens feelings of isolation.[[2]](http://www.wikihow.com/Enjoy-Life#_note-1) Listening to music feels empowering.

**Read a good book**.

For a change of pace, find a book that you can lose yourself in for a while.

**Celebrate Your Successes.** During a normal day we are sure to have some minor successes. Perhaps you have successfully dealt with a difficult customer, made a sale, or received a nice compliment for your work. These aren’t events worth throwing a party for, but why not take a moment to celebrate your success? Share the experience with someone else, reward yourself with a nice lunch.

Make friends with your co-workers: in so many ways, it is our relationships with people that give us the most happiness in life. So take the time and effort to become friends with the people you work with , but rather to build rewarding relationships with your co-workers.

[**Sleep well**](http://www.wikihow.com/Sleep-Better)**:** Sleep is strongly linked with a person’s health, stress levels, weight and quality of life. Moreover, while you sleep, your body produces cells that fight infection, inflammation, and stress, which means that getting too little sleep makes you more prone to getting sick *and* increases the time you need to recover from illness

.

**7. Rethink Your Mornings and Evenings**. in the morning you may choose to wake an hour earlier and spend the time working on yourself, whether it be reading, writing or exercising. In the evening, consider spending some time just before bed reviewing your day or in meditation.

**More quality time**

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**slow down**

Life has a lot of simple things we can enjoy. But if we move too fast you will overlook most of them. So don’t be in a hurry. Don’t move too quick. Slow down and pay attention to the world around you.

**Play in the dirt**. Scientists are finding that friendly bacteria in the soil. If you have a garden, get out there and dig. If you don’t, consider starting one––if not for flowers, for vegetables and herbs. Even [designing a container garden](http://www.wikihow.com/Design-a-Container-Garden) can create a spot of sunshine in your life.

**Get a pet**. Owning a pet provides love, companionship, and hours of entertainment. Pet ownership has health benefits too, such as reducing your blood pressure and the risk of heart disease..

**Take a break**. A decent break doesn’t mean zoning out to the TV or going down the internet rabbit hole. It means setting some time aside and making it special. As a thank-you to yourself, give yourself a vacation or “staycation”; a change of scenery––even if it just means having a picnic in your backyard or building a fort with your kids in the living room. Taking a break that is different from the ordinary and lets you "hang loose" can do wonders for your sense of fun, escape, and fulfillment.

**Spend time with interesting people**. It is well known that people with a wide circle of friends tend to live longer.[[5]](http://www.wikihow.com/Enjoy-Life#_note-4) Our friends’ behavior can actually have a big impact on yours.[[6]](http://www.wikihow.com/Enjoy-Life#_note-5)

Make sure you hang around with positive, interesting people to inspire yourself to live a richer life.

* + **Putting off getting in touch with an old friend?** Make that call today! If you can’t reach the person by phone, set some time aside to write a long email.

**Find a hobby**. Whether you choose stamp collecting or kickboxing, hobbies and extracurricular activities are necessary in the pursuit to enjoy life. Hard routines are counterproductive to spontaneity and surprise––leave a little flexibility in your schedule so that it doesn't become routine and humdrum.

1. **Read a good book**.
2. For a change of pace, find a book that you can lose yourself in for a while.
3. **Stay away from bad friends**

**Conclusion:** A good cup of coffee when I first wake. Time spent playing with my 8 month old son. Cooking a nice meal in the evening. These may not seem terribly exciting, but they are some of the simple pleasures I enjoy in life. If you slow down for just a moment and take the time to

Top best/ happiest/

Demark

Noway

Austria

Switerland

Netherlands

Sweeton

Finland

**grateful**

No matter how many pleasant things we do, if we don’t learn to be grateful we will always see things negatively.

Example:

Enjoy your meal. Don’t just eat. Taste it and appreciate its richness

Gather with old friends

Give yourself a lazy day

Watch [funny videos](http://www.google.com/search?q=funny+videos)

Play with kids

I am excited about the day ahead, and throughout the day I try to maintain a positive attitude

Yes, sometimes “shit happens” and I don’t have a good day.

Steps

**Emotional well-being**

**Get into music**.

Listening to music taps into your brain’s imagination and sense of self-identity, boosts your self-esteem, and lessens feelings of isolation.[[2]](http://www.wikihow.com/Enjoy-Life#_note-1) Listening to music feels empowering.

* + **Being dragged down by an unhealthy friendship?** Enabling your friend’s bad behavior doesn’t do either of you any good. Do some soul-searching and decide whether to resolve things with a heart-to-heart or to simply end the relationship.

**Reduce stress**

**Reduce stress**. You don’t need a clinician to tell you that stress is no fun, but did you know that even a mild stress-induced mood disorder like sub-clinical depression can ravage your immune system? In fact, the duration of a stressful period has more effect on immunity than its severity.[[7]](http://www.wikihow.com/Enjoy-Life#_note-6) To fight stress, first recognize it and stop trying to battle on alone. Find ways to ground yourself and to let off steam constructively. Sport, exercise, a hobby and spending time with friends are all good ways to counteract stress. You might like to try guided imagery, yoga, or tai-chi; if you have a severe mood disorder, seek counseling and/or medication.[[8]](http://www.wikihow.com/Enjoy-Life#_note-Cleveland-7)

Remove the stress or manage it better. Can you change the cause of the stress? Then do so. In many cases though, stress links back to your job. In uncertain times, changing jobs can be difficult, in which case, you must find ways to manage it better. This includes becoming more assertive about your needs and boundaries, working smarter not harder and using workplace resources to counteract detrimental practices that are impacting your health and well-being.

**Physical well-being**

[**Bolster your immune system**](http://www.wikihow.com/Develop-a-Strong-Immune-System). Nobody feels happy when they’re sick! Even doing something as simple as taking a vitamin with vitamins C, E, and A, selenium, and beta Carotene might help to boost your immunity.[[9]](http://www.wikihow.com/Enjoy-Life#_note-8) More usefully though, eating good food such as fruit, vegetables, grains and animal foods will provide good nutrients as a result of the complexity of vitamin and mineral interactions unprocessed foods offer. Exercising, sleeping well, and taking mental breaks can also do wonders for your body’s natural defenses, thereby boosting your energy and well-being.

**Exercise**. Exercising effects the release of endorphins, which transmit messages to the brain, translating into positive feelings.[[10]](http://www.wikihow.com/Enjoy-Life#_note-9) Regular exercise not only combats depression, anxiety, and feelings of loneliness, but also bolsters your immune system. Even [walking for exercise](http://www.wikihow.com/Start-Walking-for-Exercise) can increase your antibody and T-killer cell response.[[8]](http://www.wikihow.com/Enjoy-Life#_note-Cleveland-7)

[**Sleep well**](http://www.wikihow.com/Sleep-Better). Sleep is strongly linked with a person’s health, stress levels, weight and quality of life. Moreover, while you sleep, your body produces cells that fight infection, inflammation, and stress, which means that getting too little sleep makes you more prone to getting sick *and* increases the time you need to recover from illness.[[11]](http://www.wikihow.com/Enjoy-Life#_note-10)

[**Eat healthy**](http://www.wikihow.com/Eat-Healthy). It’s a no-brainer that eating well (fresh, unprocessed, basic foods) has a huge variety of health benefits. In addition, taking the time to cook fresh foods for yourself gives you an emotional boost: it smells good, it looks good, it tastes good, and, when you become proficient at cooking, it can even provide a fun, creative break from your routine. In addition to being a form of self-pampering, cooking is also good for your wallet. If you’re new to it, start with a few fast, foolproof recipes that won’t turn you off cooking forever. The less processed food in your diet, the healthier you'll be, which in turn will ensure a good deal more happiness for you.

In [The Magic of Starting Small](http://www.pickthebrain.com/blog/the-magic-of-starting-small/), I made the point that it is your days that define your life. In this article, I want to challenge the common perception that it is only possible to enjoy your leisure time. In particular, this article is targeted at the professional stuck in the 9 to 5 grind who longs for the weekend and, in the process, has given up on trying to find pleasure in the ordinary

**#8 Get healthy**

**#9**

**#10 How to enjoy life with the simple things**

Grab the proverbial simple things in life. Share more sunsets, walks and candlelight dinners in the backyard together. Spend some time just reminiscing about the good old days, or talk about those special moments that you remember fondly. Sometimes, the simplest things can bring more joy to us than the most expensive vacation in Paris or a holiday in Bora Bora.

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