

Things That Will Make You Happy

- Watch sunrises and sunsets
- Smile, smile and smile
- Do a morning prayer
- Surround yourself with happy people
- Do a morning workout
- Have a nutritious breakfast
- Have your morning tea/coffee by the window
- Eat at least one meal of the day with family
- Dance to some music
- Tidy your surrounding spaces
- Cook your favourite dish for yourself
- Never do something you don't feel happy doing
- Wake up early in the morning
- Watch your favourite movie/series
- Have loads of ice-cream
- Plan your day
- Spend time with family
- Go for a walk with your pet
- Motivate yourself
- Listen to some music
- Spend some me time with yourself
- Never Regret
- Learn from your mistakes and move on
- Always keep a positive outlook
- Have fun in whatever you are doing
- Don't frown upon small failures
- Find happiness in small things
- Maintain a gratitude journal
- Read books