

Positive Habits for Happiness Worksheet

Positivity and happiness can be cultivated. One strategy for cultivating happiness is to simply begin to change your thoughts and actions – replace old negative thoughts and habits with positive ones.

There are several ways to instigate happiness. Some are easier than others. Develop positive thinking and habits by considering the following.

1. Look on the bright side. Write about a situation in your life that you can view in a positive light to increase your happiness.

2. Forgive. Who can you forgive to increase your happiness right now? Do it – make amends if needed. Write about it.

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3. Savour. The next time you have to do something you usually dread and dislike, find a way to savor that experience. Look for something positive that you can focus on, and make a point to savor that aspect of the experience. Jot down some ideas.

4. Gratitude. Write three good things that happened at the end of each day. Big or small, write it down to shift your attitude. Start now – write three things you appreciate or feel grateful for in your life.

i. _____

ii. _____

iii. _____

5. Strive and thrive. Set a goal – something you enjoy – pursue a new hobby or interest. Do it regularly – enjoy it. Write some ideas here – what do you enjoy?

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Contact me for help with finding your happiness:

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