HERE for a Happy Life

How To Be Happy lessons from the Happiness Alliance happycounts.org
Four simple steps for living a happy life.
Hope
Enjoy
Reminisce
Engage
for a happy life.
Hope
Anticipate good things in your future.

Plan for something great.

Envision a lovely day tomorrow.

Look forward to good times.

Contemplate what you can do to be happy.
Enjoy
Fully experience each moment when life is good.

Engage in good things when they are happening.

Appreciate the people and things around you when you are happy.

Let yourself fully express your joy.

Celebrate your life by fully living in the moments when they are good moments.
Reminisce
Reflect on the good things in life.

Remember on good times with appreciation.

Appreciate the times when you were happy.

Recollect good feelings and let them fill your heart again.

Harken back to past joys with gratitude.
Engage
Set an intention to fully live your life and be happy.

Learn from what makes you happy.

Go towards what makes you happy and away from what brings you misery.

Live each day as if it were your last, giving and getting as much meaningful happiness as you can.