



# 10 Quick Happiness Wins

## 1. Smile

Happy people act happy. If you smile on the outside, the inner emotions will follow. A soft, gentle smile is one of the simplest, happiness wins available. Try it. You might be surprised just how powerful this tool is.

## 2. Associate with Happy People

Happiness is contagious. So are anger and frustration. Proverbs 17:22 says, "A cheerful heart is good medicine, but a crushed spirit dries up the bones." Connect with happy people and your own happiness will grow.

## 3. Be Intentional About Having Fun

The renowned therapist, William Glasser, lists "fun" as one of the five basic human needs. Intentionally setting aside time for enjoyable activities is important. What will you do to have fun this week?

## 4. Focus on the Good

Can you list ten reasons why it is good to be you? If not, keep trying. Everyone has a multitude of reasons to be happy-the trick is to find them. The more you focus on the positives in your life, the happier you will become.

## 5. Forgive

I have heard it said that holding onto anger, is like drinking poison and hoping the other person gets sick. Bitterness is a happiness drainer. Ask God for help. Then banish unforgiveness from your life!

## 6. Get a Good Night's Sleep

Sometimes, a full night's rest is all that is needed to brighten the day. It is impossible to be happy when your body is running on empty. Happy people take time to recharge.

## 7. Eliminate Criticism

Criticism magnifies problems, damages relationships, and rarely changes others. Criticism is a happiness killer. Follow the advice of Eph 4:29 and, "Let no unwholesome word come out of your mouth."

## 8. Focus on What You Can Do

We cannot change others, but we can change ourselves. Honing in on the positive choices available is empowering. Happy people take action and build momentum as they go.

## 9. Be Grateful

Happy people appreciate what they have. Try listing everything that makes you grateful. Turn it into a game. Likely, you have more going for you than you realize. Then, express your thankfulness to others.

## 10. Give

It is impossible to fill up others without being refreshed ourselves. Serve at every opportunity. Watch the faces around you light up with joy. Happy people grow even happier as they give to others!