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Dr Happy | 100 Ways to Happiness

We give the best of ourselves when we are thankful. Here are 100 ways we can express gratitude and boost happiness: 1. Adopt the habit of grateful thinking by focusing your attention on all that you are grateful for each day. After 21 days, as scientists say, you will have created a habit. You can start with some simple morning practices. 2.

100 Ways to Express Gratitude and Boost Happiness ...

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The simple solution is dipping into these 101 quick, easy and free ways to make you feel happy right now. They ' ll help you get the big picture on how you can actively seek happiness and start to feel happier every day. Once you ' ve got started you can add more ideas of your own to make sure you get your daily dose of happiness.

101 Ways to Feel Happy on a Daily Basis - Lifhack

1. Smile. You tend to smile when you ' re happy. But it ' s actually a two-way street. We smile because we ' re happy, and smiling causes the brain to release dopamine, which makes us happier.

How to Be Happy: 25 Habits to Help You Live a Happier Life

100 Ways to Be Happy Feel the ground under your feet. Focus on your breath. Play your favorite song. Caramel bedtime

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tea. Instant pots. Audio books on long drives. Mad Libs. Rehabbing and creating something beautiful out of what is. What is your list to happy? What can you do...

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Let ' s jump right in — 100 different ways
to find balance and happiness in your life.
I hope that many of these work out for
you. This is a very long list and post
(3500+ words), so please take it slowly,
bookmark it, come back to it, and do the
best you can to find something that
inspires you, and take action .

100 Simple Ways to Add Balance and
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100 Ways to Happiness 1. Drink Chai Tea

2. Go to the beach 3. Reading comic 4.

Watching movie 5. Watching theater 6.

Writing a poem 7. Eating an apple 8.

Listening radio 9. Watching Teletubbies

10. Doing charity 11. Visiting museum 12.

Visiting art gallery 13. Watching game at

museum 14. Visiting zoo 15. Having a pet

16. Google-ing 17. Facebook-ing 18.

Instagram-ing 19. Praying 20.

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