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## PRACTICE HAPPINESS HABITS

Positive feelings, the first ingredient of hope, are feelings that are located in your upstairs brain. They are the feelings that help you maintain a hopeful mindset and encourage you to keep moving towards your goals. So, if you want to have a strong hopeful mindset, you want to spend as much time as possible in your upstairs brain.

### Happiness Habits for Positivity

**Happiness Habits** are healthy, long term actions that you can take to foster positive feelings and stay in your upstairs brain.

- A Morning Routine
- Smiling
- Exercise
- Uplifting Music
- Nature
- Playing an Instrument
- Singing
- Gratitude
- Kindness
- Games
- Volunteering
- Family
- Friends
- Wonder Awe
- Faith
- Pursuing Passions
- Fulfilling Purposes
- Learning New Things
- Volunteer Work
- Saving Money
- Affirmation
- Laughter
- Nutrition



*Take the free Global Hope Challenge and  
Join the Hopeful Cities Movement at  
[hopefulcities.org](http://hopefulcities.org)*

5 KEYS TO CREATING HOPEFUL MINDSETS™