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HAPPINESS HABITS

Happiness Habits are healthy, long-term actions that you can take to foster positive feelings and stay in your upstairs brain. When we take time for Happiness Habits, our brain releases endorphins, dopamine, serotonin, and oxytocin, also known as the four horsemen of happiness.

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:

Morning Routine

Smiling

Exercise

Invigorating Music

Nature

Playing an Instrument

Singing

Gratitude

Kindness

Games

Volunteering

Family

Friends

Wonder & Awe

Faith