

Happiness Habits and Tips for Personal Growth

Sometimes you have to work at your own happiness. With our busy daily lives, we might forget to take the time to make ourselves happy, hopefully these tips can help you out a little. The following six happiness habits and comments were taken from David Leonhardt's popular 'A Daily Dose of Happiness' newsletter:

1. Relaxation

Let it ride.

Have you ever had one of those days? I mean one of those weeks, because "one of those days" often come in groups. Actually, I mean one of those months, because let's face it, there are times when it just never seems to stop and you are just waiting for a single "normal" day when you can take a break and put your feet up (or even just have a full night of sleep).

Speaking of one of those years...

There really is not much you can do except just let it ride. Most people will rarely have a "normal" day because just what is a normal day? I think by "normal" we mean a day when we are in control of our agenda and nobody else and no outside force tries to influence it. So you can count on a long string of "normal" days the next time you find a planet that you don't have to share with other people or other forces.

In the meantime, all you can do is relax and let it ride.

2. Self-Esteem

What is your value? Surprisingly, many of us place a low value on ourselves, and that devalues everything we do. That is called low self-esteem. And when we value ourselves lowly, others will value us lowly too - reinforcing our own low opinion of ourselves.

Make the decision today to place a high value on yourself. Yes you are worth it. When someone asks for help, make sure they appreciate the high value of your help. Don't be obnoxious, of course. Don't refuse to help. Just make sure they know that your help is valuable.

"Of course I will help you. I am busy today, but for you I will make the time." In so doing, they know you are giving them something of high value...and that you also value them to share such a valuable resource as your time and efforts with them.

3. Pray

Have all your prayers been answered?

Of course they have. OK, so some have not been answered the way you want them to, but they have all been answered. Something has happened.

Some of us expect that when our prayers are answered, that means we get what we want. Hmm. Perhaps my dictionary is broken, but when someone expects their desires to be fulfilled that sounds more like giving an order than saying a prayer. We humans sometimes forget that we are not infallible and that the universe is not supposed to unfold the way we want...we are supposed to unfold the way the universe wants.

So smile...all your prayers have been answered.

4. Community

Let's talk about community. Community is something we all need. It is the group of people around us who share certain similar circumstances and many variances within. It is a loose connection, and there are some people within the community that are closer to us than others. Not everyone in the community knows each other personally, but community gives us a sense there is more than just us and a few friends.

There is strength in numbers. There are chances to make new friends. There are opportunities to relate to so many more people than we could ever really get to know. The community is an important grounding for every human being.

So say "Hi" to that stranger in line at the grocery store. She is part of the community, too.

5. Identity

Apples are red. No, wait...they are green. Hmm, come to think of it, they are yellow. Naw...just kidding. They are really white. The red and green and yellow are just camouflage on the outside to hide their true colors.

So what color are you?

6. Imagination

Sink your toes into those magic slippers. Now click your heals three times and repeat after me: "There's no place like Tahiti" or "There's no place like an underground cavern";

Where does your imagination want to take you? Where would you love to be? You don't need a fortune. You don't need special effects.

You just need an imagination. Wherever you want to go, it's just as far as your mind can conceive.
And no farther than your magic slippers.

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