

Habits of Genuinely Happy and Successful People

Perhaps you're up for a big promotion at work, or maybe you can finally afford that luxury sedan. Once these things happen, then you'll truly be happy and successful...right? Wrong! More often than not, people who view happiness as a destination, and not a continuous journey, are left disappointed. That's because things like happiness and success don't just happen. They require regular work and dedication. By following the tips outlined below, you'll be on your way to changing your mindset and finding true happiness.

Exercise Regularly

Incorporating regular exercise into your weekly schedule is a must! It helps combat stress, depression, and anxiety, as well as keeps your body healthy. By exercising at least three times a week, you're more likely to have better self-esteem and improved brain function. Regular movement also promotes a better mood, since exercise releases endorphins, a feel-good chemical in our brain.

Eat Good Food

When you eat less unnatural, processed foods and focus on food that nourishes your body, you'll enjoy the benefits of elevated energy levels and a better mood. In addition, by taking care to only put quality ingredients into your body, you're encouraging self-love within yourself. Finally, healthy eating can create a more positive relationship with your body image, as well as increase productivity.

Foster Quality Relationships

The quality of the relationships that you have with family and friends is another big predictor of happiness. When you have better relations with those that are close to you, you're more likely to live a longer, more quality life. By forging strong connections, you'll find that you laugh more, which can relieve pain, strengthen your immune system, and boost your mood.

Be Grateful

Another habit worth adopting is remaining grateful for everything that life has given you so far. When you divert your attention from the negative happenings in your life and focus on the positives, your mind changes from focusing on what you lack to focusing on what you have. By practicing gratitude on a daily basis, you'll become a more positive-oriented person.

Give Freely

Take time out of your day to help those around you. Whether you're returning a cart for an old lady at the grocery store or offering to walk your neighbor's dog, acts of kindness release oxytocin, which gives people feelings of happiness. Throughout your day, simply think, "How

can I make someone else's day better?" It's that easy! By treating yourself and others with compassion, you'll find happiness comes more naturally.

Take Breaks

Finally, make sure that you're taking breaks. While the idea that our productivity determines our worth is deeply ingrained in our society, this is a detrimental way of thinking. Even those that are passionate about their work need breaks. Ensure that you're scheduling time each week to stay away from screens and focus on yourself. This will help you avoid burnout and lessen the stress in your everyday life.

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